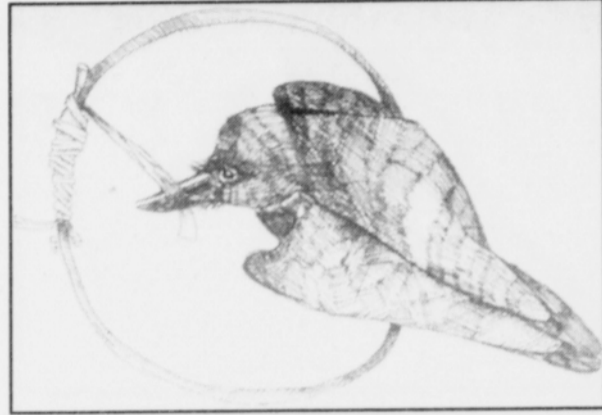


TRIBAL PROGRAM NEWS

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: I was recently told that teen-agers who drink alcohol might damage their brains. Is that true? Unsigned

Dear Unsigned: This is a very good question to talk about today. The reason is that recently, scientists have learned new things about the brain, especially the adolescent brain.

What we now know is that the brain's frontal lobe, which is involved in planning, decision-making, impulse control, and language, undergoes a major remodeling during the teen years and up to age 24. Drinking alcohol during this period of growth can lead to brain damage, especially for memory, physical skills, and coordination.

Most of that damage is because of neurotransmitters, the things that send messages to the brain. Alcohol injects chemicals into the brain that affect the important growing process.

The hippocampus is the brain structure that is key to the process of recording new memories. Adolescents, unlike adults, are still forming connections between nerve cells that play a role in memory and alcohol can damage the development of these connections.

This is just a brief answer to your question. There is much more that a Raven who is smarter and more knowledgeable than I am could tell you.

I have heard that we might be fortunate to have some people coming to the Siletz community in the summer or fall to talk with us about this. I hope to see you there!

Summer is a time when alcohol use among teens is the highest. If you know of any teens who drink, please give them this information. And if you know any adults who think it's okay for teens to drink, this would be good for them to know about too.

Thank you for writing to me. I hope you have a good summer! Raven

Siletz Tribal A&D 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

CEDARR

Community Efforts Demonstrating the Ability to Rebuild and Restore

July 11 • 5:30 p.m.
Siletz Community Health Clinic Conference Room

We hope to see you there!

TLC Attitudes of Gratitude

by Lynn Whitlow

First of all – Happy Fourth of July to everyone! If you love fireworks displays, I hope you get to see a **great** one this year!

My "inner child" still rejoices at the sight of huge, colorful starbursts in the night sky and the loud cannon-like booms that shake to the "core." Some drama in our lives is good, a fun diversion from everyday routine.

When "drama" becomes an everyday "life force," however, we need to take a look at what is happening. Are we avoiding issues in our own life by becoming immersed in others' problems and taking them on as are our own?

We all may have done that at some point in our life, but to do it on a regular basis is not healthy. It's so easy to slip into this behavior, to become lost in the excitement of someone else's crisis without being consciously aware that we are neglecting our own needs.

The adrenaline rush we get from those encounters blinds us to our own reality. We can forget that although there are emergencies in life, life is not an emergency!

We lose ourselves, we lose any serenity we have in our life to the rush, the panic, the anxiety that is brought on by others' problems. Then when it's all over, we are totally drained, exhausted, sucked dry of any energy we may have had to face our own stuff.

If we are in recovery, living life on an adrenaline roller coaster can be disastrous. We need structure, we need quiet time and serenity, time to breathe,

time to make appropriate choices for our life. None of this can happen when we are living on impulse and panic.

The good news is we can learn to react in healthy ways to others' crisis. We can help in ways that don't get us sucked into a whirlwind that leaves us spent and unable to do what we need for ourselves.

None of us want to be callous and uncaring when someone else is in need, but we can evaluate the situation and suggest other resources that may be more appropriate than our own intervention.

That is where the gratitude comes in: We can be grateful that we don't have to live a life of impulse and frenzy, of crisis and drama. We can make **choices** that are healthy for us, that keep us on the road to recovery and a life of inner peace, balance, and joy.

Attitudes of gratitude to those who have given support to A&D and TLC – to John Spence for the big chunk of salmon, to Sandy Gordon and Lorna Henery for clothing, and to Maintenance for keeping equipment working up here on the little hill. Thank you, Alice and Stephanie, for your faithfulness.

Just a reminder that we hold a Women's Talking Circle at the TLC on a monthly basis, usually on the second Wednesday. We invite you to join us at 5:45 p.m. for potluck and at 6:30 for Talking Circle.

We also can use new volunteers at the TLC. Call me at 541-444-8238 or 1-800-922-1399, ext. 1238, for more information.

Have a happy summer!

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

General Council Meeting

Aug. 4, 2007
Siletz Tribal
Community Center
Siletz, Oregon
1 p.m.

Agenda

Call to Order
Invocation
Flag Salute
Roll Call
Approval of Agenda
Approval of Minutes
Program Report:
Meth Program (CEDARR)
Tribal Member Concerns
Chairman's Report
Announcements
Adjournment

Time to Apply for Student Incentive Awards

It's that time of year when many of our tribal students will graduate or be promoted in college, Adult Vocational Training, high school, middle school, elementary school, kindergarten, and Head Start. The Siletz Tribe would like to reward our students for their accomplishments through the Siletz Tribal Incentive Program, which awards students the following incentives:

- Head Start and/or Kindergarten promotion – \$5
- Elementary School Promotion – \$10
- Middle School Promotion – \$25
- High School Graduation – \$50
- Completion of Vocational Training – \$100
- Completion of a Bachelor's Degree – Pendleton Blanket
- Master's Degree – \$150
- Doctorate Degree – \$200

To put in for an incentive award, please send documentation of the promotion and/or graduation with name and return address to your local education specialist and we will process the incentive award as soon as possible.