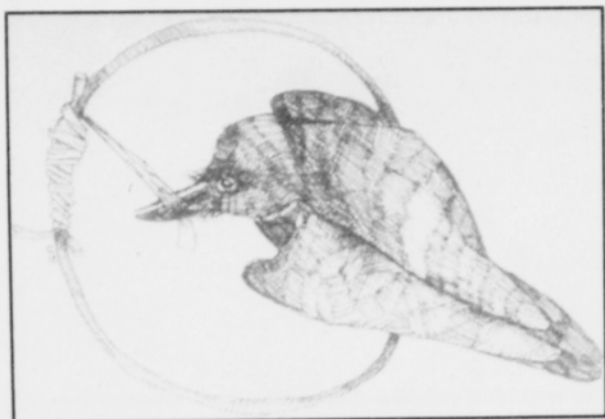


TRIBAL PROGRAM NEWS



Staffing change: Some of you may have heard that Sandy Gordon has retired. Sandy had been a counselor in the Siletz office for 11 years. She will be missed by staff, her clients and the community, and her contribution to the program is deeply appreciated.

Sandy plans to spend more time with her grandchildren, get needed rest and do some traveling. Thank you, Sandy, for everything you have done!

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 above or mail them to:

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

Dear Raven: Why do people take methadone? Unsigned

Dear Unsigned: Methadone is a synthetic, or manmade, opiate drug that is weaker than heroin but longer last-

CEDARR

Community Efforts Demonstrating the Ability
to Rebuild and Restore

Jan. 2, 5:30 p.m.
Siletz Community Health Clinic Conference Room

For more information, call 541-444-8286.

We hope to see you there!

ing. It was originally developed during World War II in Germany because their supply of painkillers was low. Methadone has been in the United States since 1947 and it's used medically in two ways:

1. Some doctors will prescribe methadone for pain and many believe it's less addicting than other opiate pain medications such as OxyContin, Percodan, Vicodin, Darvocet, morphine and Codeine. Because methadone has become a more popular "street drug" and is being abused more, fewer doctors are prescribing it for pain.
2. Methadone also is used to treat heroin and other opiate addiction. Because methadone is not as intense as heroin and is longer lasting, it will keep the addict from having withdrawal symptoms. Heroin and other opiates are more

intense than methadone and their effects only last a few hours, so the user goes through the roller-coaster of highs and lows and the pain of withdrawal on a daily basis.

The use of methadone for treating opiate addiction is controversial. Many addiction treatment professionals are concerned that methadone use will cause the person's addiction to progress. One study has shown that a higher dose of methadone is more effective in reducing illegal opiate and heroin use.

There are strict regulations about dispensing methadone, so there are few clinics. Doses have to be taken at the methadone clinic, so many people have to travel long distances to take them. Unless a person has been on methadone for a long time and has never been in violation with the program, they have to go every day to take their dose.

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

People on methadone maintenance for addiction treatment have varied reports about their experiences and how they feel about it. Some say it helps them lead a normal life and keep a job, and stops them from feeling sick a lot of the time.

Others say they do not like the effects of methadone and do not like having to go to the methadone clinic every day for their dose. Those people who decide to go off of methadone face a difficult withdrawal period and there are few detox centers that will accept patients who are withdrawing from methadone.

Despite the controversy, methadone maintenance seems to have its place in society and many addicts say their ability to have access to stabilized doses of a legal drug – methadone – is the reason they are living a life free of crime, medical/emotional illnesses, and other problems.

Thanks for writing to me! Raven



TLC Attitudes of Gratitude

by Lynn Whitlow

After the big storm of December 2007, the worst I've seen since the 1962 Columbus Day storm, there is a lot of gratitude here at the TLC that no trees fell on us or even broke off in the yard. We had heat, power and phone service through the entire storm.

TV satellite service lasted through most of the blow but, eventually, succumbed to the high winds. Try as we might, both individual effort and phone teamwork with a DISH Network troubleshooter could not get reception.

We count it as a blessing that interrupted TV service and half of the front deck roof flying away was the worst that happened up here. We know that other tribal housing suffered power outages, so we are doubly grateful to be on Central Lincoln PUD power!

The New Year is here, as of this printing. Many of you probably have made resolutions that you may or may not keep. I gave up on those empty promises years ago. Now I have a goal, rather than a resolution.

My goal is always basically the same – make the world around me a better place to live in. By working on

that goal, I believe I make myself a better person to be around (most of the time anyway, as long as tired and grouchy stay away).

TLC residents were not quick to offer their resolutions, but one said she was sure grateful to have a warm, dry place to live during these days of chill.

We at TLC are missing counselor Sandy Gordon, who retired in December. So much gratitude for her intuitive, insightful help to many.

Thank you to Alison Noble for her generous donation of Christmas cards to TLC residents. Gratitude pours out to TLC volunteers Alice McCain, Linda Olsen, and Lisa Brown. Your every moment, every service here is treasured.

Remember, volunteers are always needed at TLC – women to sleep overnight and some strong backs to split some wood for the fireplace.

Don't forget, we host a Women's Talking Circle on the second Wednesday of each month. Call 541-444-8238, or 800-922-1399, ext. 1238, for more information on these opportunities.

A wonderful Happy New Year to you all!

General Council Meeting

1 p.m.

Feb. 2, 2008

Siletz Tribal
Community Center
Siletz, Oregon

Agenda

Call to Order

Invocation

Flag Salute

Constitutional Election Information

Tribal Member Concerns

Chairman's Report

Announcements

4 p.m. – Adjourn

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