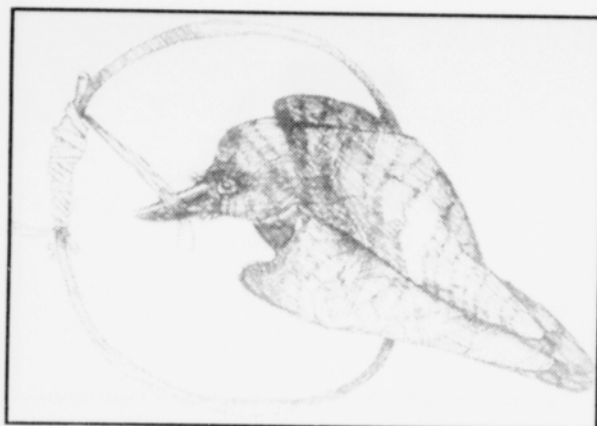


TRIBAL PROGRAM NEWS



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 at right or mail them to:

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

Dear Raven: Most of the time when I drink nothing bad happens but once in awhile things get out of control and I either black out or do things I regret. Does that mean I am an alcoholic? Unsigned

Dear Unsigned: One of the main symptoms of alcoholism is what is called loss of control. That means that a person can control their use of alcohol for periods of time and not necessarily have negative consequences of drinking. It's when that one time happens, when you drink more

than you intended and then at some point in the future you drink more than you intended again or drink when you told yourself you were going to stop for awhile, that is a clear sign of loss of control.

Drinking to the point of black out is also a sign of alcoholism. There are other symptoms of alcoholism and I really encourage you to talk with an addictions counselor about them so you can understand what is happening for you. All of the symptoms can be continuous or periodic and this disease is progressive, which means that it will only get worse over time if the drinking continues.

Thank you for writing to me. Please stay in touch. Raven

TLC Attitudes of Gratitude

by Lynn Whitlow

The only thing certain about Oregon Coast weather is that it's full of surprises.

The snowstorm on Feb. 9 caught me totally by surprise. So much so, in fact, that I actually found myself in awe and enjoying it, for the first 45 minutes anyway. There is something awe inspiring about looking up into a thick snowstorm with its seemingly infinite flakes falling from a darkly clouded sky.

My enjoyment stopped when I got stuck near the top of the A&D driveway. New tires with specialized cuts that are supposed to help with traction were no match for that icy snow pack! Finally I got out of the car and kicked away the icy barrier in front of each tire, enough to get the traction needed to rescue myself.

That mishap prompted a gratitude when back in office I called Stan to see if one of his great maintenance crew could come up with the tractor and scrape the driveway. Otherwise, the packed snow stays for a couple days longer. Thankfully, Bristo showed up several hours later and cleared the driveway and parking lot. Thank you, Bristo, and thank you, Stan! Let's hope that's the last of our snow.

TLC residents reported a bunch of gratitudes this past month: That I can acknowledge how I feel and not turn a blind eye. A safe place to live for me and my baby son. I'm grateful for healthy teachers in my life. Legos and toothbrushes! Just for today's reading. The Internet. To start school next week! A&D classes.

Today I am grateful for: Dee, Bailey, TLC, my mom, coffee, T.P., cool weather, waffles. Technology and Prez Obama, who knows how to use it. Getting a letter from my dad. Love and happiness. Obama – our 44th prez – “Yes we can!”

Going to school. Workin' my steps. Sunshine. Grandkids, friends and family. Safe place to live. Higher power. My friends who helped make my regalia. Being able to go to the pow-wows. Being able to see my sister once a month.

Also high on our list of thanksgiving are our TLC overnight volunteers: Alice McCain, Lisa Brown and Jackie Ashley – appreciation is always in order. A big thank you to community member Quinn Murk for four large boxes of cedar shingle cut into kindling. That is a gift that warms us all over!

Keep a lookout for that tiny man dressed in green tights. He hangs out at the end of the rainbow ... which end? Happy St. Patrick's Day to all you who are part-Irish and to those who are Irish once a year.

Health tip: Stay away from that green beer.

If you are interested in volunteering your time at the TLC, give me a call at 541-444-8238 or 800-600-5599. Also remember, the Women's Talking Circle is the second Wednesday of the month. Call for more information.

Siletz Tribal A&D Programs

Prevention, Outpatient
Treatment and
Women's Transitional

Siletz: 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

March 4 • 5:30 p.m.

Siletz Community Health Clinic Conference Room

Agenda: White Bison Trainings – How is it going?
Strategic planning – strengthening our coalition
Please attend!

Marijuana: Not a Laughing Matter

by DeAnna Pearl, A&D Prevention

It is important that teens and adults understand that marijuana is harmful and will affect their health. Even casual use has its immediate adverse health effects and negative social implications.

Question: What would a 12 time gold medalist swimmer, a USA Champion, lose by an illegal and potentially lung damaging drug such as marijuana?

Myth: Marijuana is harmless

Fact: Marijuana has five times more tar and other chemicals than regular tobacco.

According to studies done over the last five years, they have concluded that marijuana can potentially do increasingly more damage to the lungs over a shorter period of time due to the amount of tar, sticky residue that clings to lung tissue as a byproduct of the smoke.

Myth: Marijuana is not as addictive as other drugs.

Fact: The user will need to increase his or her use to obtain the same results as the first time it was smoked.

Withdrawal effects include insomnia, hyperactivity, decreased appetite, irritability, restlessness, chills and increased body temperature. Long term use may result in the suppression of the immune system and decreased hormones. Simply put, your body will not be able to fight off infections as well and with decreased hormones the body won't be able to regulate itself.

Myth: The “natural high” is from a chemical reaction in your brain.

Fact: The “high” is your brain struggling from a lack of oxygen caused by the increase of carbon dioxide in the brain. Basically your brain cells are suffocating.

The side effects of even casual use are impaired memory, concentration and knowledge retention and loss of coordination. With heavy use, the user stops learning and remembering from the first time marijuana or any drug enters your brain/body barrier.

Myth: People can smoke marijuana every once in awhile and not have a problem.

Fact: The active chemical in marijuana is THC (delta-9 tetrahydrocannabinol).

Because THC is stored in the fat cells, withdrawal effects do not appear until there is a period of non-use. This chemical stays in the body for up to six months. The user can test positive for a long time even after stopping use.

Fact: The number one way businesses enforce their Drug Free Work-Place policy is random UA's. Unfortunately, most businesses don't have the means or time to send employees to treatment. Replacing the employee with a positive UA's is the norm. This information can follow that person throughout their career!

Answer: The 12 time gold medalist swimmer has lost his media sponsors and the respect of others who saw him as a source of inspirations. What does using/abusing marijuana take away from a gold medalist or a regular citizen? A few say not much, but many others say much more.

Narcotics Anonymous Toll-Free
Help Line – 877-233-4287

For information on Alcoholics
Anonymous: www.aa-oregon.org/

Siletz Tribal Language Project

The Siletz Tribe is pleased to announce the award of a two-year Administration for Native Americans Native Language Preservation and Maintenance Category II grant to develop an Athabaskan language curriculum for Head Start through the fifth grade.

As a Tribe, we have lost more than 90 percent of the ability to speak the Native language, Athabaskan. This is the first step of many on a long path to address this tragedy.

It is the goal that the curriculum developed at the pilot project site, Siletz Valley School, will be largely available upon the completion of a successful project.

We are seeking input from Elders who have an interest in Athabaskan language curriculum development. Please contact Bud Lane at 541-444-8230 or 800-922-1399, ext. 1230; or Cova St. Onge at 541-444-1036.

Hvm' Chi'