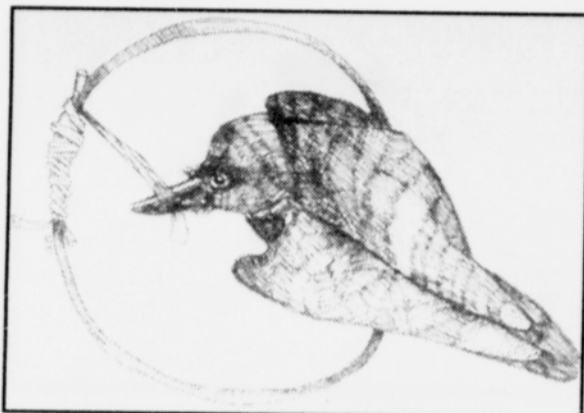


TRIBAL PROGRAM NEWS

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: I am in eighth grade and there are rumors going around that we are all smoking pot. I'm not and I only know of two people who are. Why do people have to say this stuff about us?
Unsigned

Dear Unsigned: There are lots of reasons why rumors get started. Once they start, they can grow bigger and eventually we don't even know how they started.

One reason that rumors exist about youth your age and drug use is because a lot of people are very concerned about the drug problem in today's world. When people in the community hear about one or two or even more youth who are using drugs and then see other young people hang out with those youth, they will start to worry that you are all doing it. It comes from a place of love and concern but ends

up as gossip, which is not a good thing for anyone.

You can help this situation as a young person who is making good choices by speaking out and getting involved in things that support people your age being drug-free.

I am proud that you wrote to me. Young people who are brave and strong are needed in their families and communities. There are adults who will help you find a way to speak out in a good way that will let the community know who you really are and help those young people who may be struggling to go a different way.

Talk with your school counselor, Tribal Prevention staff, a counselor, an adult you look up to or your pastor. We need your help.

Raven

TLC Attitudes of Gratitude

by Lynn Whitlow

I was looking at my calendar this morning, wondering when Earth Day was – found it! April 22.

I keep trying to find different ways to be kind to our environment. In my newest *Country Living* magazine is a section on Eco-Challenge, with 30 ideas for making changes that positively impact our environment.

Some of my favorites include: Burning soy candles instead of paraffin. Soy emits no toxins, while paraffin emits 11. Return wire hangers to the dry cleaners (I like this one even if I maybe dry clean something every five years or so). More than 3.5 billion hangers go to landfills every year, equaling 200 million tons of steel that could be recycled. Mind boggling!

We can plug appliances into power strips, then turn off the strips when appliances are not being used. Some appliances still draw power when they are turned off. This system uses 87 percent less energy than six appliances individually plugged into outlets. Cool, huh?

My very favorite: Make sure that potted plants are part of your home decor. Fifteen plants can absorb most of the airborne toxins in the average home within 24 hours. Non-electric air filter! I'm so grateful other people figure this stuff out for us! Read the other 26 ideas in the April 2009 issue of *Country Living*.

TLC residents have attitudes of gratitude this month also. They include: Laughter. My A&D family. For caramel macchiatos! Yum! For Darcy and Sara helping me with my regalia.

To be able to work through the grief of my mom and be able to do it safely and stay clean through the process. For the diabetes coordinator. To carry the message and not the mess. To be able to better work through my "mess" instead of ignoring it.

Other things residents feel gratitude for are: Hope. Toys. My local library. My health. 18 months! Daffodils.

We also are grateful for our volunteers – Alice McCain, Denise Riding In and Holly Jackson. We so appreciate you and your service to the TLC.

Also, thanks to Elton for helping with the power washer directions and to Monique Jackson for helping TLC residents power wash the building while the little boys raked the yard.

Remember to recycle. Let us make it possible for our children's children's children to be grateful for the world in which they live. It's just as easy to put a paper towel roll in a recycle bin as it is to toss it in the trash.

A TLC resident's advice: Hug a tree!

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Narcotics Anonymous Toll-Free  
Help Line – 877-233-4287  
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For information on Alcoholics  
Anonymous: [www.aa-oregon.org/](http://www.aa-oregon.org/)  
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CEDARR
Community Efforts Demonstrating the Ability
to Rebuild and Restore

April 1 • Noon
Siletz Community Health Clinic Conference Room

Agenda: Strategic planning – staying strong!
Summer activity calendar/planning
Please attend!

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

**Reach Out Now:
talk!**

talk with me.
talk with him.
talk with her.
talk with them.

**Now is the time to talk
about underage alcohol use.**

If you have questions about alcohol,
go to www.stopalcoholabuse.gov.

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
www.samhsa.gov

START TALKING
BEFORE THEY
START DRIVING

Alcohol Awareness Month
April 1-30, 2009

**Give Our Kids a Chance
Talk to Kids About Underage Drinking**