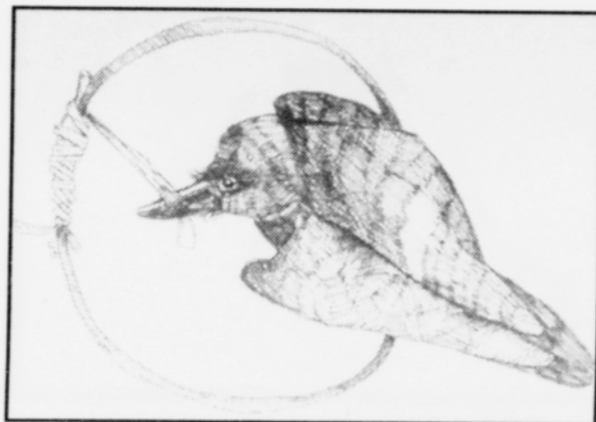


TRIBAL PROGRAM NEWS

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 was recently on vacation in Mexico with family who live there. We left the day before CNN recommended that no one from the United States travel to Mexico because of the danger related to drug cartel violence.

It is obvious that people in Mexico live in fear and innocent lives are being lost every day. What can we in the U.S. do to help our neighbors in Mexico and what should we do about the spread of drug cartels to this country?

Janet

Dear Janet: This is a very important issue for us all to be aware of and talking about in our communities. There are different opinions among policy makers in state and federal government about what is the best solution. Some people believe we need to work harder on community education, prevention and treatment for marijuana addiction and abuse, and others think the answer lies with legalizing marijuana.

No matter what those policy makers end up deciding, right now innocent lives are being lost in Mexico because the drug cartels kidnap and kill innocent people as a way to intimidate and punish those people who do not cooperate with them or who are in competition.

Why is this our problem in the United States? The answer to that question can be hard to accept, but it's very important for us to understand that without the

high demand for marijuana in the United States, the drug cartel problems would be minimal in Mexico. It truly is the hunger that U.S. citizens have for marijuana that is causing the violence.

It was said recently that anyone in the United States who uses marijuana has blood on their hands. That is a harsh reality, one we need to accept and each take responsibility for if we have been using marijuana, no matter how often.

As for drug cartel activity moving into this country, the answer is the same. If there is not the demand for it here, it will not continue to grow. Oregon is one of the top states in the United States with drug cartel activity, so we need to act now.

If you use marijuana or if you are close to someone who does, please help them understand their part in this terrible problem that is hurting and killing so many innocent people. Stopping use, one person at a time, can save others' lives.

To those of you reading this, I would like to know what you think about marijuana and the Mexican drug cartel problems. Please contact me by e-mail at pias@ctsi.nsn.us; write a letter to Siletz News at P.O. Box 549, Siletz, OR 97380-0549; or leave your question with Diane Rodriguez or Natasha Kavanaugh at 800-922-1399 or 541-444-2532. They know how to reach me. Please let me know if you want your questions or comments printed in this newspaper.

A friend, Raven

CEDARR

Community Efforts Demonstrating the Ability to Rebuild and Restore

May 6 • 5:30 p.m.
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

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

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

TLC Attitudes of Gratitude

by Lynn Whitlow

Sunshine! April showers! Yes! That combination brings May flowers!

And smiles, especially when the sun comes to balance or surpass the rain. I work to keep balance in my life all seasons of the year, but it seems sooooo much easier when the sun embraces the world.

We all need balance in our lives to feel centered and secure. It's so easy to get off tilt, to focus most of our energy on other people, our work, our house, our crisis. These are all OK to focus energy on, but the goal should be balance between others and ourselves, between work and play, between housework and family, between life crisis and relaxation time.

We need to care about both our spiritual self and our physical self. When balance is tilted too far one way or the other, we pay for it in some way if the imbalance lasts very long or is very severe.

For example, if we neglect our physical body to pursue our spiritual interests, we may forget to take needed medications or eat nutritious meals. If this persists over a period of time, we can become physically ill.

Conversely, if we ignore our spirituality for very long we can end up in a depressive state. Give and receive. Work, then take time to play. Before you play couch potato, get some muscle-building weight training or a cardio workout.

Learning to balance wants, needs, activities and feelings is a much-needed life skill for a happy, productive life. If we pay attention to our body and our emotions, we will know whether we are in or out of balance.

When that balance slips, it's time to look at what is causing the tilt. Then it's our responsibility to make needed changes to get back on an even keel.

At the TLC, residents strive for balance in their lives. Keeping an attitude of gratitude helps restore balance.

Some of their gratitudes this past month include: Today I am grateful for supportive family, for new babies, for child care. Gratitude for the first step, for my sister and nephew spending time with the TLC family, for my roommates, to be home. That school started for me. That I am home and made it through two funerals.

I am grateful today for our little bit of sunshine, for supportive medical staff in my time of need. For Charity and Karen. I am grateful for 19 months of continuous clean time. For Lynn and all she does for us girls at TLC.

That I can reflect on the loss of my mom with good memories instead of hiding it by using or drinking. I am thankful for good friends and family who help me in my time of need and to have an awesome son who brings delight to my life!

Strive to keep balance in your life. Be willing to do what it takes.

We are grateful to Alice McCain, Denise Riding In and Vanessa Jackson for their volunteer service at the TLC. We so appreciate you! Thank you to Sammy Bayya and Tony Whitehead for checking out and dismantling a defective light fixture for us.

Each month we hold a potluck dinner and a Women's Talking Circle on the second Wednesday. We invite and encourage interested women to attend. At this time, we do not have child care. Call me at 541-444-8238 or 800-600-5599 for more information.

Pick a bouquet of flowers. Give half to a friend and put the other half on your own desk. Equals two smiles!



The Siletz Tribe maintains its commitment to the community by contributing \$10,000 to the general fund of the Siletz Valley Fire Department. Tribal Vice Chairman Alfred "Bud" Lane III presents the check to Ron Hervey, fire district board chairman, as Dave Edwards, fire chief, and Sheryl Simmons, board secretary, look on.

Photo by Diane Rodriguez