

Dear Raven: How can I protect my teen from underage drinking?

Concerned Parent

Dear Concerned Parent: Teens say that parents are the No. 1 influence in their lives.

Talk with your kids. Listen to them. Find out what they are thinking and feeling. Every day, know who they hang out with, what they do and where they go. Not only will it help you influence and keep track of your child, but you also can get to know each other better.

Teach your teen. Discuss the effects of alcohol use and why alcohol is especially bad for young people. The more your child knows, the better informed he or she will be to make wise decisions about alcohol use.

Set the right example. If you drink, limit your alcohol use, especially in front of your children. Kids learn most of their habits from parents and caregivers.

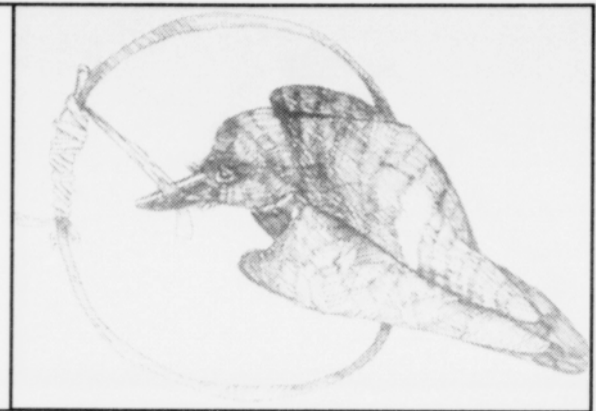
Be firm and consistent. Make sure to set clear expectations and follow through on the rules you make. Enforce the consequences of breaking rules the first time.

Be fair. Control your surroundings. Account for any alcohol you have around the house and store it away from your teen. You might be surprised to know that most teens get alcohol by buying it or getting it from home – if not your home – teens say they often drink at their friends' houses.

Teach media literacy. Watch TV with them and talk about what they are seeing and hearing; tell them why some programs are not as good as others. Set guidelines and try to limit your child's contact with

## 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.



TV shows, music and magazine ads that promote alcohol.

Encourage your child to take part in other activities – reading, playing sports and cultural activities.

Keep your eyes open, notice signs. If something does not seem right, it probably isn't. If you aren't sure how to approach your child, get ideas or help from your doctor, your child's teacher, a counselor

or another caring adult.

Be proactive. Get involved now, not only in your kids' lives but also in the lives of other kids, parents and caregivers. Do as much as you can, when you can, to prevent underage drinking. Take advantage of activities and events in your community that can help your children lead alcohol-free lives.

Your friend, Raven

## Help Support Healthy Lifestyles During Red Ribbon Week

During National Red Ribbon Week, from Oct. 23-31, millions of young people and adults will support healthy lifestyles by wearing or displaying a red ribbon. This nationwide celebration has become a major force for raising public awareness and mobilizing communities to combat underage drinking and illegal drug use among youth.

Research shows that early illegal drug use is associated with negative con-

sequences, such as high school dropout rates and a greater likelihood of violence and using weapons. You can help increase awareness and prevent alcohol and illegal drug use among youth during Red Ribbon Week in the following ways:

- Wear a red ribbon during Oct. 23-31 to show your support.

- Wear pins or stickers that say, "Ask me why I do NOT use drugs."
- Ask leaders in your faith-based community to explain to adults the importance of leading by example.
- Get involved in Red Ribbon Week events at local schools.
- Encourage your workplace to support Red Ribbon Week.

### The History of Red Ribbon Week

The murder of a Drug Enforcement Administration (DEA) special agent by drug traffickers in 1985 sparked National Red Ribbon Week. Then, a tradition of displaying red ribbons spread as a symbol of intolerance toward drug use. Now, Red Ribbon Week events are held all across the country to strengthen prevention messages.

Look for red ribbons at Tribal offices and wear them proudly!

## TLC Attitudes of Gratitude: Grant Provides for New TLC House

By Lynn Whitlow

There are changes in the air – and a lot to be grateful for.

Earlier this year, the Tribe received word that a grant request had been approved to build a new Women's Transitional Living Center for both single women and women with children who have graduated from approved inpatient A&D treatment programs. The current TLC is small and has only one bathroom for three bedrooms and no family room for children to play.

The new house is a modular unit consisting of five bedrooms and three bathrooms, including a handicap-accessible bath. It includes a large "great room" that will have a play area for children and a dining area.

The sizable kitchen has a view of the great room plus storage, counter space and a pantry. The utility room will house two sets of stacking washers and dryers and have storage space for cleaning supplies. Also included is office space for TLC staff, including volunteers.

A nice feature is a separate living room, which will be an area for relaxation, meditation and adult computer access.

We are understandably excited about this project. It has been an exciting challenge to view floor plans, identify placement and storage needs, and choose counter and floor coverings, sun tube placements and cabinetry.

The house will be surrounded on three sides by decking that is accessed by both stairs and a ramp. A fence will enclose a backyard play area. We can hardly wait! TLC residents are grateful for other things besides the new TLC house: "This very moment! Another day. Hot dubba dubbin (2-year-old speak for the hot tub at a grandparent's home). Health food stores – expensive but at least food I can eat.

A helping hand. Prayer. Meditations. Good supportive people by my side. To wake up with hope. New shoes and that my mom goes to meetings (7-year-old). Good books. Good friends who tell it like it is. My sponsees. My A&D counselor."

Other gratitudes include: "School starting up. Our room. For this program. For Lynn. Quiet time. Huckleberries. For my aunts and cousins. For my son. For my roommate and her baby. That my son comes home today and for not giving up."

We again are thankful to George Nagel for taking time to weed-eat the A&D/TLC area from the driveway up through the back yard. Thanks, George, for caring!

If you are interested in volunteering for the TLC, please call me at 541-444-8238 or 800-600-5599. Also, this is the contact number for the Women's Talking Circle on the second Wednesday of the month. All women are welcome to attend. We hold a potluck dinner at 5:45 p.m., just prior to the circle, which starts around 6:30. Hope to see you there.

Enjoy the autumn leaves, crisp evenings and pumpkins!

## Tribe Participates in Hands Across the Bridge

Janet Wicklund, Atreaux "Tre" Jackson, Delina John and Darian Dorman (top photo) join hundreds of others, including those on motorcycles (bottom photo) in Hands Across the Bridge in Newport on Sept. 19. This was part of a day-long event that celebrated National Recovery/Welbriety month in September.



Courtesy photos by Elaine Greene

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

For information on Alcoholics  
Anonymous: [www.aa-oregon.org/](http://www.aa-oregon.org/)

### CEDARR

Community Efforts Demonstrating the Ability to Rebuild and Restore

Oct. 7 • Noon • Siletz Community Health Clinic Conference Room

Please join us!

### 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