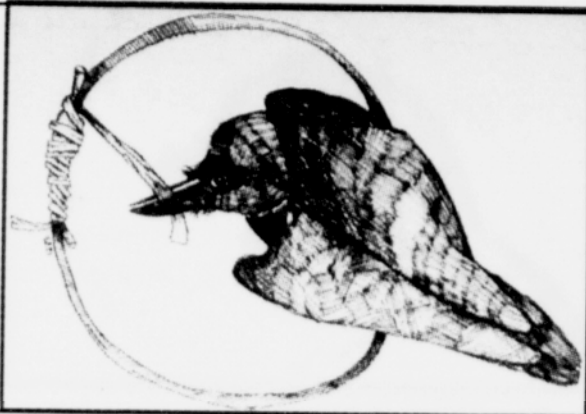


Ask Raven

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.



Dear Raven: The youth of our community are suffering with underage drinking, which leads into other substance abuse, mostly marijuana. This is sad. The problem is, they are getting this from an adult. What can we do about it?

Jenifer Metcalf

Dear Jenifer: It's hard to know our youth are drinking and using other drugs and harder still to know there are adults in the community who provide it to them. We have a long way to go to really make our communities safe in this way, but it will not happen without people like you who care and are doing all they can to address it.

Here are things everyone can do to help make a difference, one step at a time, one youth at a time, one adult at a time:

- If you live in Siletz, join CEDARR. This is a group of concerned community members who meet each month. Each person cares deeply about the youth in their community and is part of a movement for change. CEDARR has accomplished a lot already and group members are working on more. They need your help and the gifts you have to offer!

Valentine's Banquet Fund-raiser

Feb. 13 • 6 p.m. • Siletz Tribal Community Center

Please join this alcohol/tobacco/other drug-free activity with the Senior Grad Night Committee for a spaghetti dinner and silent auction. Special performances by Bill Wallace, Arliss Chatterson and Michele Robinson. Admission is \$10 for adults and \$5 for youth age 8 and younger.

- If you live in another community, join a community coalition there. If you do not know how to find one, contact the county health department and ask them. If you still need information, call the Siletz Prevention staff and they will help you find the people who are doing community prevention in your area.
- If you are a parent, know where your children are at all times and whom they are with. They may not like it now, but they will thank you later.
- If you know of a youth who is in trouble with alcohol or other drugs, contact his or her parents and let them know about your concerns. This can be a hard thing to do because we parents do not want to hear that our children are engaging in high-risk behaviors. Do it anyway. You might save a life.
- If you know of an adult who you suspect is providing alcohol to youth, let law enforcement know. They may not be able to do anything about it immediately, but any information can help them obtain the tools they need to stop it.

Thanks for writing, Jenifer, and welcome back. Your dedication to your Tribal community youth is appreciated.

Raven

Siletz Tribal A&D Programs

Prevention, Outpatient Treatment and Women's Transitional

Siletz: 800-600-5599 or 541-444-8286
Salem: 503-390-9494

Eugene: 541-484-4234
Portland: 503-238-1512

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

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

CEDARR

Community Efforts
Demonstrating the Ability to
Rebuild and Restore

Feb. 3 • Noon

Siletz Community Health Clinic
Conference Room

Agenda: We will continue to work with grant writer Steph Soares Pump to develop goals and strategies for the Drug-Free Communities grant. Please, please join us! We need all the community input we can get!

Attitudes of Gratitude – Move to New Residence Complete

By Lynn Whitlow

This month gratitude is overflowing at the TLC! We have moved into the new TLC house. It's lovely, spacious and appreciated.

As of this writing there still are items to be recycled – lots of cardboard from new appliances and moving (only so much room in the recycle bins!). We are still waiting for phone service, plus there are some minor items to be dealt with. We have volunteer coverage for each night as well as staff coverage during the day.

Landscaping will be a priority closer to spring.

Residents have gratitude for a variety of things, including: Merry Christmas! For my son's Christmas. To be clean in the

New Year! People pulling together – all the spirit for Christmas and filling me and my daughter's life full of good spirits and joy. I'm grateful for so much! Nevaeh's first Christmas is going to be the best! Thanks to all – we love you!

Since the move, TLC residents have expanded their grateful list to include: Being in our new home! For the help in moving by the guys in Public Works (Bristo, Sammy, Papa and Lenny, we so appreciate you!). And for all who helped make this place possible.

Grateful for Lynn, Janet, Ellen and Jenifer! Bathtubs! For a neighborhood (not isolated anymore). More independence for my son. For two washers, dryers and water heaters.

Definitely grateful for this wonderful, beautiful home we are blessed with! For everybody pulling together for us, for the support.

Tre is grateful for his Grandpa Lincoln and his awesome Christmas gift – "Go Beavers!"

Grateful to have another day with my daughter and being sober.

Tre also is thankful for his X-Box.

We continue to be grateful for our overnight volunteers – Alice McCain, Dee Hadden, Denise Riding In – and for our staff who cover the gaps. Thank you!

Happy Valentine's Day! May the love you give be returned to you tenfold.

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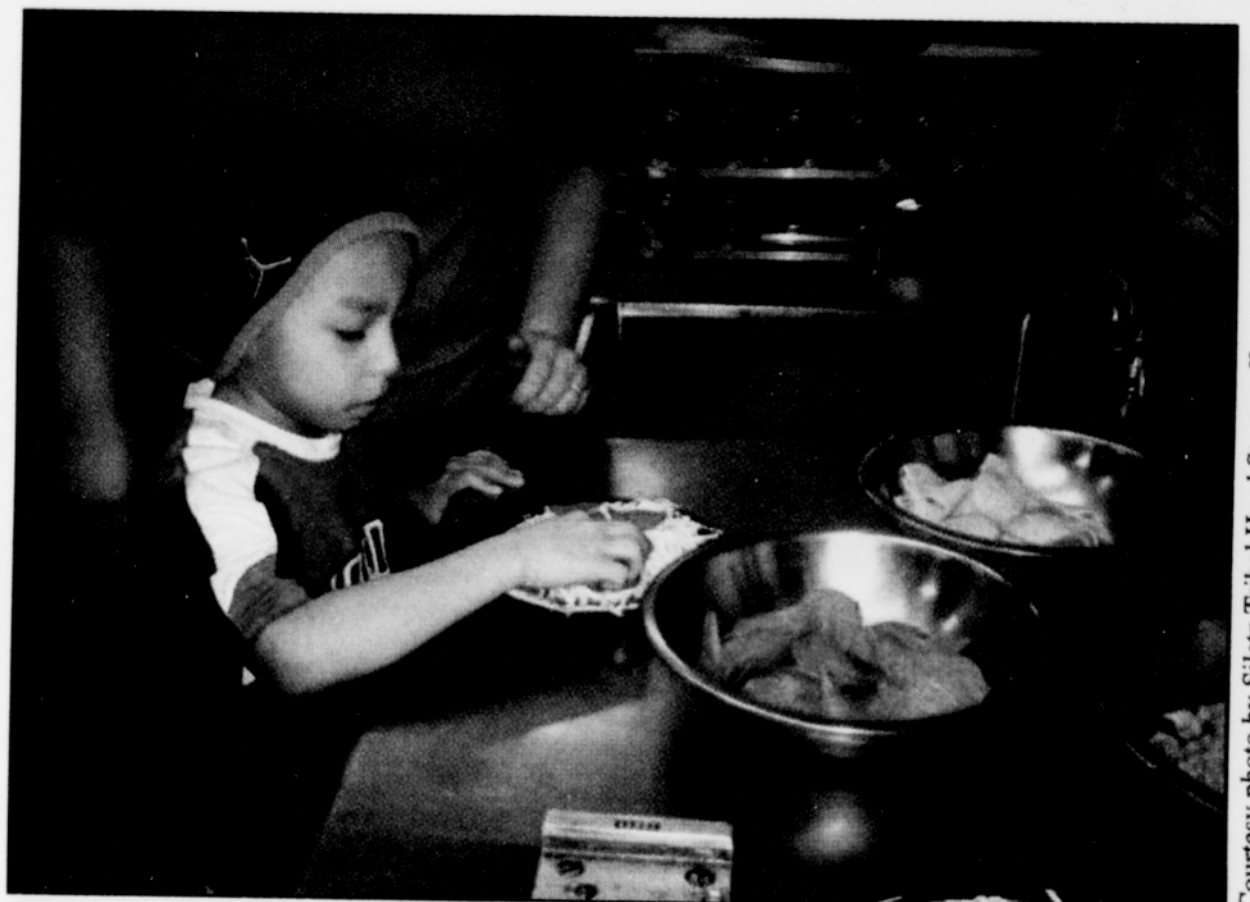
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Children from the Siletz Tribal Head Start in Salem learn how to make pizza.

Courtesy photo by Siletz Tribal Head Start staff