



Community Health Department



Stalking is a dangerous crime that affects an estimated 6.6 million women and men each year. Stalking is generally defined as a pattern of behavior directed at a specific person that would cause a reasonable person to feel fear. Stalking is considered a crime under the laws of all 50 states. According to the National Center for

Victims of Crime, as many as 1 in 4 women and 1 in 13 men have experienced stalking victimization at some point during their lifetime and most often the stalker is someone the victim knows, usually an acquaintance, relative, or a current or former partner. Stalking is unpredictable, no two stalking situations are alike.

Stalking behaviors can include:

Knowing your schedule.

- Showing up at places you go.
- Sending unwanted mail, email and pictures.
- Calling or texting repeatedly.
- Contacting you or posting about you on social networking sites
- Writing letters.
- Damaging your property.
- Creating a Web site about you.
- Sending gifts.
- Stealing things that belong to you.

Any other actions to contact, harass, track, or frighten you.

If you or someone you know has been a victim of stalking there are resources available. Contact the Siletz CARE Program for more information on advocacy and support services for survivors of sexual and domestic violence.

Siletz CARE Program: 541-444-9680

24 hour Hope Line: 541-994-5959

Events

January 17

Silence Breakers Luncheon

11:30 a.m.-1 p.m.

Clinic Shell Room

January 25

Screening of *Paper Tigers*

12 p.m. & 6 p.m.

Tribal Community Center

TAKE THE 100 CLUB WELLNESS CHALLENGE

Here's how it works:

Sign up with the Diabetes Program:

Siletz: Chris Sherrod 541-444-6947

or Reggie Butler 541-444-9683

Sign up on or before January 3

Schedule a nutrition assessment and fitness assessment to help guide your progress.

Get to the weight room, track, gym, mountains, rivers, oceans, WHEREVER and start your trek! Workouts can be recorded between January and April Report your numbers each week.

Goals:

- 25 Mile Club
- 50 Mile Club
- 75 Mile Club
- 100 miles

DO YOU NEED EXERCISE MOTIVATION?

The 100 Club Challenge is an exercise motivation program. Log your miles and for every 25 miles you achieve your goal, you'll receive an exercise item to celebrate your accomplishment. If you need a fitness challenge to motivate you to exercise more, then take the 100 Club Challenge today!

Choose your fitness goal and complete using any mode of exercise. You earn 3 miles of credit for every mile you swim, use any form of exercise to achieve your goal. You get 2 miles of credit for every exercise class you take you receive 1 mile of credit for every 3 miles you ride on a bike and many more exercise opportunities!

PAPER TIGERS

One high school's unlikely success story.



"Absolutely riveting, profoundly import

Movie Screening

AT THE SILETZ
COMMUNITY
TRIBAL CENTER

Two Screenings

Thursday, January 25

12 p.m. and 6 p.m.

Light lunch/dinner provided

'Paper Tigers' chronicles a year in the life of Lincoln High School in the community of Walla Walla, Washington. The kids who come to Lincoln have a history of truancy, behavioral problems and substance abuse. After Lincoln's principal is exposed to research about the effects of Adverse Childhood Experiences (ACEs), he decides to radically change the school's approach to discipline. With the aid of diary camera footage, the film follows six students. From getting into fights, grappling with traumatic events in their lives, and on the cusp of dropping out, they find healing, support and academic promise at Lincoln High. *Written by Anonymous*