

Ashliegh Ramirez: All programs are connected

By Andrea Taylor

Ashliegh Ramirez was raised in Siletz and benefited from Tribal youth programs before anything else, mostly participating in prevention activities that opened doors to new friends and introduced her to new people in the community. Guided by her peers and others who've faced the same obstacles, she was witness to the positive influence so many teens need.

Prevention activities granted Ashliegh the strength to make the conscious choice to avoid the use and abuse of substances, adding that "going to leadership conferences and being in a leadership position holds you to a higher standard that you feel good about. It was easier to say no and keep myself at that level."

After graduating high school, Ashliegh sought the help of many more Tribal services that added to her achievements. The summer following her senior year, she took a work experience position with the 477 Self-Sufficiency Program, which helped her earn money and gain experience.

Using the Higher Education program, she was able to attend Lesley University

in Cambridge, Mass., and obtained her Bachelor of Arts degree in psychology with a double minor in social work and sociology.

Tribal education specialists helped her apply for student aid and find scholarships and grants that paid for classes and books. The Temporary Tribal Student Assistance Program in the Housing Department lifts much of the financial burden for students paying for housing. This meant Ashliegh could prioritize classes without worrying about rent.

Using these Tribal programs opened alleys to pursue specialized learning opportunities and exposed her to new cultures and their people. Ashliegh now works for the Siletz Community Health Clinic's Behavioral Health Department as an outpatient counselor trainee.

"I'm a more rounded person. Had I not accessed services growing up, I don't know how well I'd have done. Not to say that I couldn't, but that I would be less likely to have the same outcome," said Ashliegh.

She has a close relationship to her family, most of whom live in Siletz and the surrounding area. She spends the most



Courtesy photo

Ashliegh Ramirez

time with her mom, Angela Ramirez, who works in the Enrollment Department, and keeps in close contact with her brother, Cristian Ramirez, who's currently serving as a U.S. Marine.

Expressing how Tribal members shouldn't be afraid to ask for help, Ashliegh

said, "All programs are connected here, all the departments work together because they're all here to service us. Just ask questions, a lot of people don't know what's out there."

Right now Ashliegh's plans are to gain the knowledge necessary to advance in her career. Future plans include going back to college to earn a master's degree in mental health with dual diagnoses of addiction in mental health. Conveying how common the two occur together she said, "It's harder for them to find the help they need because it's less widely recognized."

Her hope is that being certified to treat this disease will provide better and faster service to Tribal members, resulting in an increase of clients seeking help and more successful outcomes.

Community invited to St. Patrick's Day dinner in Logsdan

LOGSDEN, Ore. – The Logsdan Community Club invites members of the community to enjoy a St. Patrick's Day dinner on Saturday, March 10, at 6:30 p.m.

Corned beef and cabbage will be provided by the club. Desserts and side dishes are welcome. Wear green and bring your favorite leprechaun to enjoy dinner with old friends and new acquaintances.

The Logsdan Community Club is a non-profit 501 C-3 that donates a por-

tion of its profits back to the community, including the Siletz Valley Volunteer Firefighters. Located at the junction of the Logsdan/Siletz Highway and Moonshine Park Road, the Logsdan Community Center is situated on a historic site where the local school once stood.

Today's facility, built in the 1980s, is available to rent and is a wonderful location for local gatherings, including weddings, family reunions, memorials

and other celebrations. The facility also houses a commercial kitchen for cottage industry entrepreneurs who market home-canned goods and is a designated emergency shelter.

Rental rates for events are reduced for individuals who become members of the Logsdan Community Club. The cost to join is \$25.

For more information, contact Teresa Simmons at 541-557-1695 or e-mail logsdan1@gmail.com.

Peratrovich, continued from page 1

According to the Anchorage School District, "Elizabeth Peratrovich Day provides an opportunity to remind the public of the invaluable contribution of this Native Alaskan leader who was an advocate for Native citizens and their rights. This courageous woman could not remain silent about injustice, prejudice and discrimination."

Further, in the school district's board resolution of 2012, it was noted: "Her efforts came nearly 20 years before the federal Civil Rights Act of 1964. Because of her eloquent and courageous fight for justice for all, today's Alaskans do not tolerate the blatant discrimination that once existed in our state."

Back in the 1940s in Alaska, it was not uncommon to see "No Natives Allowed" signs at stores and public accommodations or even "No dogs or Natives allowed." But those were simply the most visible manifestations of pervasive discrimination against the original Alaskans.

As it has for more than 37 years, First Nations works diligently to strengthen Native American economies and communities, including American Indian, Alaska Native and Native Hawaiian communities. We and our grassroots partners in those communities are making great progress, but there is still a long way to go to fight discrimination and bias against Native Americans at every level of society. That's

one of the many reasons we're co-directing a national effort called *Reclaiming Native Truth: A Project to Dispel America's Myths and Misconceptions*.

So even if you don't observe the holiday on Feb. 16 like we do, please take a moment that day to think of Elizabeth Peratrovich and the trailblazing effort she dedicated herself to in order to fight discrimination against some of our original Americans ... and for the ultimate good of all Americans.

Learn more about Elizabeth Peratrovich online, particularly on Wikipedia at en.wikipedia.org/wiki/Elizabeth_Peratrovich. For more information about First Nations Development Institute, visit firstnations.org.

Funded orthodontic treatment screenings set for 2018

The 2018 Funded Orthodontic Treatment Program is fast approaching! All interested parties should contact the dental department to be placed on a list.

The screening dates are April 16-17 and May 16-17, 2018. The program and amount of accepted applicants will be dependent on the funding for that year.

Applicants are selected by case severity, motivation of the patient and guardian, reliable transportation, routine dental checkups and the oral hygiene history of the patient, to name a few. We want the best results possible for the patient and



thus place emphasis on these items in order to achieve it.

The unbiased selection process is performed under the guidance of an orthodontic specialist and participants are chosen through a committee.

This is open to all ages who are CHS-eligible only. You must have a scheduled screening appointment during one of the four screening days to be considered.

Each year's selection process is independent from previous years and does not carry over. Selected and treated individuals can only be selected once for the duration of the program. All applicants will be notified by mail if they have been chosen.

Please contact the Siletz Dental Clinic at 541-444-9681 or 800-648-0449, ext. 1681, to be put on the list.

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Rebuild and Restore**

Mission Statement

We will utilize resources to prevent the use of alcohol and other drugs, delinquency and violence; we will seek to reduce the barriers to treatment and support those who choose abstinence.



Feb. 7 • 5:30 p.m.

**Siletz Tribal Community Center
402 NE Government Hill Drive**

Siletz Tribal Behavioral Health Programs

**Prevention, Outpatient Treatment,
and Women's and Men'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: aa-oregon.org**