SOCIAL SECURITY

Earnings Limit Increase: The earnings limit for Social Security recipients was increased this year. If you are between the ages of 62 and 64, you may earn up to $7,080 without losing benefits. Any earnings over that amount will cost $1 for every $2 earned. If you are 65 through 69, you will pay $1 for every $3 over $9,720. There is no limit on earnings for those 70 and over.

Are your records accurate? If you are approaching retirement, be sure your earnings records are accurate. You can get a free update simply by completing a short Personal Earnings and Benefits Estimate Statement (PEBES). The form is available by calling Social Security toll free at 1-800-234-5772. Ask for form SSA7004. Social Security recommends checking your benefits by using th ePEBES form every three years.

Courtesy of Vets News

ARE YOU STRESSED OUT?

If you have tried everything from a Calgon bath to a cup of hot tea trying to unwind after a long day, and nothing seems to work, then you are definately stressing out about something in your life. But relax!

Learning how to manage your stress can be simple. To learn how just attend the Stress Management Workshop on December 12, 1991 at the church of Nazarene in Grand Ronde. The morning session is at 9:00 am and the afternoon session is at 1:00 pm.

Raymond Reyes, director at the Northwest Indian Education Technical Assistance Center Three and Assistant Professor/Administrator of Gonzaga University, will conduct the workshop.

He has conducted hundreds of teacher training workshops throughout the Pacific Northwest on many topics addressing culturally related acamedic needs during his 14 years of direct work experience in Indian Education.

Raymond's father is from the Sun Clan of the Hopi Tribe and his mother is from the Hummingbird Clan of the Huichol Indians in New Mexico. He likes to consider himself the "Tallest Happiest Hopi" born on this continent in the last four thousand years.

Contact Dean Azule or Shawn Hostler at the Tribal

RESOURCES FREE AND CONFIDENTIAL

HOTLINES

Alcohol or Drug Problems
1-800-621-1646
Food Addiction Hotline
1-800-USA-0088
Child Abuse/Child Help USA
1-800-4-A-CHILD
National Runaway Hotline
1-800-231-6946
National AIDS Hotline
1-800-342-AIDS

Drugs in the Community; Education serves to Prevent

In Seaside, during the week of October 19-22, four members of the tribal youth group attended a prevention conference with the prevention/education counselor Camille Van Vleet. The members were Jeff Mercier, Travis Stewart, Stephanie Mercier, and Willie Mercier. The conference focused on drugs and their affects on the communities of Oregon. They attended a total of five classes that discussed drug related issues. There was approximately 600 people at the conference with 30 to 40 people in each class.Each morning, there was a general session and then, one class a that lasted up to two hours. Some of the classes offered had to do with drug legalization; who wants it and why, how they try to get it legalized, pregnant women who use drugs, the affects on the unborn child, and how to work with drug affected children.

Are drugs a problem for you?

How young people can tell if their drinking or use of other drugs is a problem.

#1 Do you lose time from school because of drinking or use of other drugs? yes no
#2 Do you drink or use other drugs to lose shyness and build up self confidence? yes no
#3 Is drinking or using other drugs affecting your reputation? yes no
#4 Do you drink or use other drugs to escape from studies or home worries? yes no
#5 Does it bother you if someone says that maybe you drink too much or use too many other drugs? yes no
#6 Do you have to take a drink or use drugs to go out on a date? yes no
#7 Do you get into money trouble over buying alcoholic beverages or other drugs? yes no
#8 Have you lost friends since you started drinking or using other drugs? yes no
#9 Do you hang out with a crowd where alcohol and other drugs are easy to get? yes no
#10 Do your friends drink less and use fewer drugs than you do? yes no
#11 Do you drink until the bottle is empty or use drugs until they are all gone? yes no
#12 Have you ever had a loss of memory after drinking or using other drugs? yes no
#13 Have you ever been arrested for drunk driving or put in the hospital or jail after drinking or using other drugs? yes no
#14 Do you get annoyed with classes which lecture on drinking or using drugs? yes no
#15 Do you think you have a problem with alcohol or other drugs? yes no

A "yes" to one question is a warning. A " yes" to as few as three questions means that alcohol or other drugs have almost certainly become or are becoming, a serious problem. If you think that you have a problem with drugs or alcohol, you can contact the Grand Ronde Alcohol and Drug Program at 879-5211.

Psalm of Alcohol Addiction

King Alcohol is my shepard, I shall always want.
He maketh me to lie down in the gutters.
He leadeth me beside the troubled waters:
He destroyeth my soul.
He leadeth me in the paths of wickedness for the effort's sake.
Yea, I shall walk through the valley of poverty and will fear all evil.
For though, Alcohol, art with me.
Thou strippest the table of groceries in the presence of my family.
Thou robbest my head of reason.
My cup of sorrow runneth over.
Surely Alcohol addiction shall stalk me all the days of my life.
And I will dwell in the house of the damned forever.

Tribal youth! Let us know about the interesting things you are doing! Complete the following information and send it to the address listed below.

Name: _____
first last middle

_____
address phone

_____
city state zip code

Please describe hobbies, groups, clubs or sports you are in:

_____
_____
_____
_____
_____
_____
_____
_____

Send to: Youth News
Grand Ronde Tribes
9615 Grand Ronde Rd.
Grand Ronde, OR 97347