



ANDERSON VALLEY
COMMUNITY ACTION COALITION

The No-METH NEWS

Spring 2004
Issue 5

What's inside?

EN ESPAÑOL

Camp Anytown pg. 3

Final de Silencio pg. 4

Recurso de la
Comunidad Pg. 5

Sueno Latino pg. 7

AVCAC

Love Hurts pg. 1

Check It Out pg. 2

Potluck & Planning pg. 2

Drug Arrest Report pg. 3

The Thanks Go On pg. 4

AVUSD

The End of Silence pg. 4

A Resource for Everyone
pg. 5

Drug-Free Comm. &
Drug Suppression Grants
pg. 5

Camp Anytown pg. 5

WAVE

WAVE Update pg. 6

YES Conference pg. 6

Youth Action Grp. pg. 6

Co-Mediation pg. 6

Asset Building pg. 6

"Dear Ollie" pg. 7

CALENDAR
pg. 8

LOVE HURTS

By Debbi Sanchez

My story is not sensational; however, it is real. It is very personal and very painful. I have been a mother for thirty years. I have always felt blessed by my children. I have an unconditional love for all my children. My life has always revolved around my children. From the time of my children's births to watching my grandchildren being born I have loved my children.

It is because of this unending love that I feel so much pain. The pain I feel today and everyday is caused by methamphetamines. Two of my children are addicts. They became addicts as young adults. Who knows why. They, themselves, don't know why. Their addictions came about at a time when my husband and I thought we would be able to breathe easy, that the "teen" years were behind us. What we didn't know was it was just the beginning of our painful hell.

For the last five years I have had the heartbreak of watching my beautiful children destroy themselves with meth. My beautiful and loving children turned into extremely thin, empty eyed, sick drug addicts who could no longer experience the feelings of love. No words can express the pain I felt when I looked into my children's eyes and was unable to see love. The emptiness in their eyes was almost more than I could bear.

The many sleepless nights and constant worry were driving me mad. I was losing control of my life because of my children's addictions. It was then that I turned to my higher power and asked for strength and guidance and started attending Al-Anon meetings. When I tried to talk to my children they were not capable of understanding my concerns, but I believe in my heart that they heard my words of love. I continued to talk to my

children for what seemed like a lifetime but in fact was only a few years, yes years.

The next few years were very painful ones. We have always been a very close knit family. The addictions were unraveling our family unity. The problems we encountered ranged from missed Thanksgiving dinners to having our personal belongings stolen to later be re-sold or traded for drugs. The lying, the deceit and the disrespect were extremely difficult. This was something that we had never encountered in our family. It deeply affected all of us. We all carry the emotional scars of these addictions with us everyday.

Addiction is a disease. It is said that there is no cure, only treatment. Which presents another problem, the lack of treatment options and follow-up support. After spending days, even weeks, frantically searching for help for my sick children, when they finally asked for help, I came to realize that it is near impossible for addicts to get treatment for their disease. Their minds have been changed and in many cases damaged. An addict is incapable of processing information for months after they stop using drugs. When treatment is not accessible then recovery doesn't happen. Without recovery an addict's only choices are jails, institutions or death. What sort of choices are these? How can a sick addict be expected to cope with all this?

Due to their addictions my children have been introduced into the judicial system. This has become yet another painful experience. My children are not criminals; they suffer from addiction, a disease. If someone has heart disease or cancer does the doctor put him or her in a back room for ninety days, totally ignoring his or her disease, hoping it will cure itself? I recently had the heart wrenching experience of taking one of my children to jail. After a year of his case falling through the cracks, or should I say craters, he was ordered to serve sixty days in jail for violation of probation. This came about after almost a year clean from

(continued on page 2)

drugs, holding down a full time job, enjoying being a parent for the first time, and bringing joy to our family once again.

The court papers said to surrender at the county jail at 7:00 p.m. Being inexperienced at all this we showed up early and were told to come back later. Upon our return a gathering of twenty or more men were outside the jail entrance, in the rain, all waiting to be booked. I was asked by my child, for my protection, not to wait, so I sadly left. At 10:30 p.m. I received a collect call and was told that booking would probably not happen until 4:00 a.m. I was appalled! This type of mistreatment is despicable and totally inexcusable. When you take an animal to the pound it is taken right away to a place where there is food and shelter.

An addict struggles with the disease of addiction along with other social issues such as low self-esteem and perhaps other mental or emotional problems. Why then does the judicial system set these sick people up for failure? Does an addict receive treatment while in jail? Of course not. Do statistics show that only a small percentage of addicts stay clean after serving jail sentences? Yes they do. Do I want to continue putting my tax dollars into such a dysfunctional system, NO I DON'T.

CHECK IT OUT

The Anderson Valley Lending Library now has copies of "The End of Silence" in both VHS and DVD in English and Spanish. The library is located in the Home Arts Building at the Fairgrounds and is open Tuesdays 1:30-4:30 and Saturdays 2-4. There are also two informative 15-minute videos from the California Department of Justice, entitled "Where Meth Goes Violence and Destruction Follow" and "Hidden Dangers: Meth Labs." There is no charge for the use of these videos.

POTLUCK & PLANNING

It began with a typical Anderson Valley potluck feast. The Live Oak Building was abuzz as the 35 participants greeted each other, filled their plates and found a place at one of four tables. Represented in the mix were high school students, teachers, school board, ambulance, firefighters, churches (Assembly of God, Valley Bible Fellowship), community groups (Airport, American Legion, Arts Council of Mendocino, AV Education Foundation, Independent Career Women, Lions, Narcotics Anonymous, Sueno Latino, Unity, Winegrowers), and individual community members.

The date was February 19 and the purpose was to discuss the accomplishments, and lack thereof, of the AVCAC (AV Community Action Coalition). The four

discussion groups were presented with questions formulated to determine what has worked, what hasn't worked and what else could work in our efforts to rid our community of the scourge of methamphetamine dealing and use.

What has worked? We have a new deputy sheriff, more arrests are being made, community forums and newsletters are making people more aware of the problem, prevention programs in the schools are making students more aware of the dangers, the AV-produced "The End of Silence" is making an impact here and in neighboring communities, and many feel that our community is becoming more cohesive.

What hasn't worked? We still have a number of identified "drug houses" in the valley because we aren't getting the government support we need to close them down, arrestees are still "beating the deputies back over the hill" because of the way the legal system works (or doesn't work), we don't have enough active community involvement in our efforts and the community hasn't shown enough anger about the problem.

What else can we do? Here are a few of the ideas.

Prevention

- More activities for youth, planned by youth
- Regular activities that bring youth and community together
- Mentoring - providing positive adult role models
- Continue student drug-prevention education
- "Just Say Hello" - talk to kids

Community Education

- Weekly video/informational meetings
- Awareness-raising through community organizations
- Parent education
- Continue meth video presentations

Intervention

- Provide local rehab and counseling for addicts
- Support local NA group
- Provide local family support group
- Put pressure on the justice system

Suppression

- Neighborhood Watch
- Support law enforcement
- Organized public demonstrations of outrage

The Anderson Valley Community Action Coalition (AVCAC) was created in March, 2002 in response to community concerns over the production, distribution and use of methamphetamines in our valley, with the goal of making ours a safe, healthy and meth-free community.

NO METH NEWS EDITORIAL BOARD

AVCAC

Donna Pierson-Pugh
Barbara Scott
Bryant Whittaker
Penny Whittaker
Cindy Wilder

WAVE Staff

Wendy Blankenheim
Colleen Schenck

"CAMP ANYTOWN"

by Isidora Jiménez

Haber tenido la oportunidad de atender al Camp Anytown fue una de las mejores cosas que me ha sucedido en toda mi vida. De la escuela doce personas tuvimos la oportunidad de acudir pero solamente otras dos muchachas y yo tomamos el riesgo de ir y la verdad es que yo me siento afortunada de haber sido una de ellas. Nunca olvidaré esta experiencia porque aprendí mucho acerca de otras personas y le doy las gracias a todas las personas que hicieron posible que yo acudiera. En este campamento tuvimos que derramar muchas lagrimas para darnos cuenta de lo importancia de las palabras.

Ahí me dieron la oportunidad de expresar mis sentimientos y me dieron la confianza de ser yo misma. Esto me ayudó a darme cuenta de que es muy fácil dañar los sentimientos de las demás personas. Solo basta decir las palabras incorrectas para crear un perjuicio que durará por el resto de la vida de dicha persona. Hay mucho racismo alrededor de nosotros pero nosotros siempre buscamos una excusa para echarle la culpa a los demás. Yo pienso que la razón por la cual todavía sigue habiendo tantas palabras que hacen sentir mal a las personas es que cada grupo o raza las sigue usando, unos como juego y otros como una manera de distinguirse de los demás. Si nosotros queremos que otros dejen de llamarnos nombres que a nosotros no nos gustan, lo primero que debemos hacer es dejar de usar esas palabras aunque no nos hagan daño si alguien de nuestra misma raza no las dice. Otra cosa que aprendí es que no importa tu raza lo mas seguro

es que alguna veen tu vida vas a llegar a ser discriminado por alguien mas. Mucha gente pensamos que por ser mexicanos en Estados Unidos nunca vamos a llegar a ser una persona importante aquí pero la verdad es que cualquier persona puede llegar a ser cualquier cosa que se proponga si nunca se da por vencida y lucha por ello. Una de las peores cosas que alguien puede hacer es generalizar. Porque por ejemplo: si un hombre te trata mal entonces vas a generalizar a todos los demás hombres y vas a pensar que todos son iguales. La verdad es que no toda la gente es igual pero eso es lo más difícil de reconocer por eso debemos de tratar de conocer a las personas antes de juzgarlas por su color de piel, por como se visten, por su dinero, etc.

Lo mejor de todo esto es que llegué a conocer muchos jóvenes que tienen vidas mas difíciles que la mía pero que no se dan por vencidos y que cada día tratan de mejorar la situación en la que viven. Ayudan a su familia y tratan de seguir adelante. También conocí a personas mayores que me dieron consejos y me ayudaron. Ahí nos dieron la oportunidad de ser nosotros mismos sin miedo al que dirán de la gente. Lo cual hizo mas fácil llegar a conocernos por lo que somos y no por como nos vemos. Todos nos mantenemos en contacto porque en ese periodo de tiempo tan corto llegamos a ser verdaderos amigos. Amigos que se valoran y que están dispuestos a darlo todo para ayudarse. Este campamento me ayudo a mí y otras personas a tratar de cambiar, tomar mas riesgos y no tener miedo de conocer a otros. Uno nunca sabe si esa persona a la cual le des la oportunidad de conocerte necesite de alguien como tú para seguir viviendo.

Anderson Valley Drug Arrest Report

NOTE	NAME	OFFICER	ARRESTED	LOC	CHARGE	DISPOSITION
1	Alvarez, Jose	Nordin/Squires	1/17/2004	Bnvl	11337	Unknown
	Alvarez, Juan Pablo	Nordin	11/9/2003	Bnvl	11550	\$15,000 bench warrant. Failure to appear. In custody.
	Behrent, Francis	Nordin	7/22/2003	Bnvl	11550	Arraigned 9/23/03. Placed on diversion program.
	Brady, Ran	Nordin	1/17/2004	Bnvl	11337	Unknown
	Delgado, Chris	Nordin/Squires	1/17/2004	Bnvl	11550	Unknown
1	Delgado, Chris	Nordin	1/24/2004	Bnvl	11337	Unknown
	Hobbs, Arthur	Nordin	1/22/2004	Bnvl	11550	Unknown
	Hulbert-Balson, Kathryn	Nordin	8/18/2003	Bnvl	11550	Unknown
	Juvenile (female)	Squires	12/2/2003	Bnvl	11357	Unknown
	Juvenile (male)	Squires	12/2/2003	Bnvl	11357	Unknown
2	Martin, Joseph Michael	Nordin	6/15/2003	Bnvl	11550	Arraigned 9/2/03. Case dismissed.
2	Martin, Joseph Michael	Nordin	8/24/2003	Bnvl	11550	DA granted diversion program 10/6/03.
	Owens, Ricky	Gander	8/30/2003	Bnvl	11377	Sentenced 6 days/jail, 24 mos/probation 10/24/03
1	Owens, Ricky	Nordin	1/22/2004	Bnvl	11550	Unknown
	Sanchez, Gonzalo	Squires	8/8/2003	Bnvl	11550	Placed on diversion program 11/3/03
1	Stewart, Antony Harland	Nordin	8/18/2003	Bnvl	23152	Arraigned 9/22/03. Sentenced 60 mos probation

Notes

- 1 2nd & 3rd arrest since start of drug report
- 2 3rd & 4th arrest since start of drug report

Charge Legend

- 11337 possession of controlled substance (meth, cocaine, etc.)
- 11357 possession of marijuana (under 1 ounce)
- 11364 possession of paraphernalia (pipes, etc.)

UN RECURSO DE LA COMUNIDAD

El Centro de Recursos Familiares está localizado en un nuevo edificio en Anderson Valley High School, 13630 Mountain View Road, in Boonville; 895-3275. Está abierta los lunes, jueves, y viernes de 8am a 3:30pm y martes y miércoles de 8am hasta 7pm y los viernes de 8am hasta las 12:00pm.

El Centro de Recursos invita a cualquier persona interesada en información acerca de opciones para ellas mismos o a sus hijos y invita que miren la variedad de recursos hechos para ayudar a realizar sus metas del futuro.

El Centro también tiene un pizarrón con oportunidades de trabajo donde hay información acerca de empleo disponible para todos los miembros de la comunidad. Cualquiera que esté interesado puede venir y mirar lo que está disponible. Cualquier contratista que tenga posiciones disponibles lo motivamos a que llame a Loretta con los detalles o mande notificaciones al Centro (PO Box 130 Boonville), donde pueden ser mostrados al público. Si necesita una niñera o un trabajador, siempre hay estudiantes buscando trabajo de medio tiempo, lo único que tiene que hacer es llamar a Loretta.

Nuestro Centro de Recursos tiene una variedad de herramientas educacionales disponibles para cualquier familia buscando información de temas acerca de como crear una familia saludable hasta como a los jóvenes fuera de fumar cigarros. Ofrecemos precios bajos en los asientos de los niños y hasta hay una área para niños para jugar con juguetes o leer un libro mientras los padres ven un video educacional o usan las computadoras.

Como un lugar de reunión para la comunidad el Centro de Recursos crea oportunidades para los miembros de la comunidad para proveer apoyo y crianza para nuestros niños y nuestra comunidad. Si su grupo necesita un lugar central para reunirse, el Centro de Recursos puede servirle.

A RESOURCE FOR EVERYONE

The Career & Family Resource Center is located in the new building at the Anderson Valley High School, 13630 Mountain View Road, in Boonville 895-3275. Hours of operation are: Monday, Thursday, & Friday, 8 am-3:30 pm; Tuesday & Wednesday, 8 am-7 pm. The Career & Family Resource Center is open to all residents of Anderson Valley. Loretta Houck is the new Career Center Specialist and is available Monday through Thursday, 8 am-1 pm, and Friday, 8-noon.

The Career Center offers career exploration information, and a "Job Opportunities" board for valley employment opportunities. The Family Resource Center has a variety of information on parenting, drug prevention and nutrition. Parents can also utilize the computer center while their children play in the kid's corner. The Center is a great community-gathering place any group's use, too!

CAMP ANYTOWN

By Maya Leon Guerrero

In January, I attended Camp Anytown. There I met wonderful, diverse, loving, amazing, and talented people from all over Mendocino County. Most of our time at Camp Anytown was very intense. Even the toughest guys cried.

Camp helped me realize what everyday language and actions really mean. Ever since Camp Anytown, my friends and I have been trying to help people with their problems with racism, drugs, and trying to steer people away from using offensive words such as "gay" and "fag" and "lesbo", etc.

Camp Anytown was a wonderful, but very intense experience. I met most of my best, most trusted friends at Camp Anytown. We got to experience physical and emotional handicaps, racism, and gender (and racism) stereotypes. I encourage everyone to go to Camp Anytown, but be prepared for the intensity.

DRUG-FREE COMMUNITIES and DRUG SUPPRESSION GRANTS

The Anderson Valley School District has received funding this year from the Federal Office of Juvenile Justice and Delinquency Prevention and from the Governor's Office of Criminal Justice Planning to support the efforts addressing the drug problem in our valley. The goals of the grants support prevention, suppression, and intervention of drug use.

Prevention programs focus on education and asset building in our youth, including: drug prevention programs in the school K - 10th, with students in 11th - 12th helping present the information at the elementary school. Encouraging volunteers to participate with children and youth in a large variety of activities, along with offering additional after school programs, strengthens the resistance of our students. Other prevention efforts include monitoring and developing plans for students considered at-risk with a Student Review Team that includes school staff, public health employees, and deputies who meet monthly, and training for staff and parents on asset building in our student.

Suppression activities include the deputies' presence on campus and in town as well as training for parents and staff in signs and symptoms of drug use.

Intervention opportunities are supplied through parent education and training, student or family counseling offered through Public Health, Division of Alcohol and Other Drugs, or communication/collaboration with probation and the DA's office.

If you have questions about these programs or would like to participate, contact Donna at 895-2195.



WAVE
Watch Anderson Valley Excel

WAVE UPDATE

On- and off- campus activities continued at Anderson Valley High School under the WAVE banner this winter. The after school Activities Club continued their Monday meetings and twice-monthly field trips, including a trip to Yokayo Bowl in Ukiah. Wanda Johnson, AVHS staff secretary, Tara Williams, school counselor, and Wendy Blankenheim, WAVE Intervention Specialist, led a girls' shopping trip to Santa Rosa in December. Tara and Wendy have also started a Jr. High girls' lunch group. "Traditionally, this is the hardest group to reach out to, but usually the most in need," says Tara, "This lunch group is perfect because its unstructured, the girls are already on campus and we just bring them together to talk about what is important to them."

Another WAVE project, the Anderson Valley Women's Circle, is now meeting monthly to learn skills and crafts from local county women. At the first meeting, Amy Aikman of the Mendocino Lavender Company donated her time to guide the group in making lavender eye pillows. This group creates an opportunity for both girls and women to learn from one another and develop cross-age relationships. If you are interested in participating please call Wendy @ 895-2162.

ASSET BUILDING WORKSHOP

In our last issue we discussed the fact that the WAVE grant was coming to a conclusion and about how the collaborative (Anderson Valley Unified School District, Anderson Valley Community Action Coalition, Public Health's Alcohol and Other Drug Prevention Programs and law enforcement) will continue prevention strategies beyond the grant funding. One of those strategies was to foster asset-building strategies at home, in schools and in the community.

On March 2nd, Eric Rowles of the Youth Leadership Institute in San Francisco conducted an asset-building workshop for the WAVE Project collaborative. Eric identified 5 key assets that were common to most youth development models: a safe environment, opportunities for leadership and a voice in decision making, connection to community, relationships with caring adults and peers and opportunities to develop skills. The purpose of the workshop was to strengthen the capacity of the WAVE collaborative to impact community social norms and attitudes about drugs beyond the extension of the CSAP grant funding by strengthening youth development and resiliency. The focus of the workshop was to

look at how asset building already takes place in the schools and community and how it could be further integrated into daily practice. Sessions were held with student leaders, faculty and the AVCAC Steering committee to discuss each groups perception and experiences and to look for new ideas to expand on current successes.

YES CONFERENCE

The Peer Support Team is currently preparing to participate in the YES Conference in March. The conference is a retreat for peer supporters from all over the county. Students attend workshops on topics like suicide prevention, yoga, domestic and other violence, anger management, poetry therapy, and much, much more. Andrea, a senior that attended the conference last year went to the planning meeting on January 13th, and shared that "It is really, really hard emotionally, but you come to trust everyone there and make the best friends in the world."

YOUTH ACTION GROUP

The Youth Action Group produced a student-driven assembly centered around the showing of "the meth film," "The End of Silence". YAG students wrote and performed a rap about student depression, a skit concerning peer pressure, and then led small group discussions after the film. This is the same group that has been touring around the County to present the film and discussion to other schools. Future plans for YAG include joining the student council in planning Community Action Day for April 1st, and the AVHS Health Fair for May.

NARRATIVE CO-MEDIATION

In January, Wendy Blankenheim and three AVHS students attended a Narrative Co-Mediation Training at the Sonoma County Office of Education. The training was run by students from New Zealand, where narrative co-mediation was developed. The students from New Zealand trained about 100 local participants. Students and advisors were divided into two groups with about six student trainers for each group. As these students led participants through the two-day training, they demonstrated all of the concepts, working openly and respectfully as a group. Co-mediation is a strict process in which mediators help those in conflict realize that the problem is not with either party, but is instead an entity between them that can be "re-written" to be acceptable to both parties. By listening to both sides of a story and treating them as equally valid, the mediators help the parties to create a third perspective that both can live with. Everyone came away with a deep understanding of the process and the confidence to do it at their own school.

“DEAR OLLIE”



Dear Ollie,

What can I do if I suspect that drug dealing may be going on in my neighborhood?

Boonville Resident

Dear B.R.;

In an ideal situation, you would know your neighbors and have a friendly relationship with them. When disruptive activities took place, you would then feel comfortable talking with neighbors and resolving a conflict on a personal level. But if that is not the case and you observe a number of suspicious activities that make you suspect drug dealing is occurring, do not confront the person. Drug dealers can be dangerous people and are often users themselves. People under the influence of a narcotic can suffer from hallucination, paranoia or other adverse reactions from drug uses. Do, however, report your observations of suspicious activities to the sheriff's department. This lets them know that there's a problem, and provides a reason for the sheriff's department to undertake an investigation of a person or location. However, it is important that you know what an investigation requires. Here is the type of information that will help investigators:

- *Location:* The exact address or description of location
- *Names of suspects,* preferably full names and any other personal information.
- *Descriptions of suspects,* such as height, weight, hair color, eye color, complexion, type of clothing, ethnic background.
- *Vehicle descriptions* including license plate numbers, color, make, 2 or 4 door, etc.
- *Drugs* – what type of drug do you believe is being sold.
- *Activity* – what type of activity is happening to make you believe that possible drug dealing is occurring? Several of these activities observed in combination may be an indication of drug dealing: a high volume of foot and /or vehicle traffic to and from a residence at all hours with visitors staying only a short period of time; one or more persons acting as a lookout in front of a house or on a porch; the action of a signal made to those inside before someone is allowed to enter or make a transaction; money and package exchanges through windows, mail slots and under doorways; shades or blinds drawn constantly. Pay special attention if you live on a cul-de-sac, dead end or alley as opportunities for transactions increase greatly.

- *Date & Time:* Note the time that the illegal activity is occurring.

When you report drug activity, you may not see any immediate law enforcement response. The area or individuals you are reporting on may already be the subject of an on-going undercover investigation. If not, trained law enforcement officers must make their own observations and collect evidence that the courts will accept.

Don't assume that reporting drug activity once is all that is needed. If the activity keeps on occurring, keep on reporting it. If the pattern changes, report the change. The sheriff's department cannot solve this problem alone. Success requires community involvement.

If you suspect someone is dealing drugs in your neighborhood, call the Mendocino County Sheriff's Department dispatch line at 463-4086. You will be connected to a deputy to whom you can make a report about what you have observed. You can also make a report to the Major Crimes Task Force at 463-4500, Monday through Friday.

Ollie

“Dear Ollie” is a regular write-in column. Send your questions about methamphetamines and other drugs to Dear Ollie at P.O. Box 38, Boonville, CA 95415.

SUEÑO LATINO

By Aníbal Fragoso

Sueño Latino y Padres bilingües de Anderson Valley unieron fuerzas para organizar una Posada. Familias completas atendieron a una pastorela, Kermés con comida, piñatas, hubo juegos organizados para toda la familia, baile, lotería con valiosos premios. Y también hubo una buena representación de los diferentes grupos; profesores de la primaria, secundaria y estudiantes de la “high school.” La mayoría fuimos latinos y cada uno puso un sabor muy peculiar para hacer este festejo navideño otro para el legado de nuestros sucesores.

Actualmente Sueño Latino trabaja con la clínica comunitaria (Anderson Valley Health Center Clinic) para facilitar el proceso de servir a la comunidad latina. Se han recibido \$50,000.00 (dólares) para proveer servicios gratuitos en áreas que afectan a miembros de nuestra comunidad. Efrén Mendoza, actual presidente de Sueño Latino dijo “...no es mucho... ese dinero está destinado a ofrecer algunos exámenes gratis de diabetes y otras enfermedades que afectan mas a nuestra comunidad.” En cuanto tengamos mas información al respecto le estaremos dejando saber. Sueño Latino también trabaja con House Assosiation para hacer un proceso justo en la obtención de un departamento de renta, sin prefavoritismos.

