



Soboba Tribal Family Services

July Newsletter



"Our families made strong through balance and support."

Soboba Tribal Family Services

Nancy Currie, Director

Christopher Evensen, Tribal Social Worker

Theresa Sam, Case Manager

Catherine Gonzalez, Legal Admin Assistant

Monday – Thursday 7:00am to 5:30 pm
(951) 487-0283

Positive Indian Parenting Classes

Honoring Our Children
By Honoring Our Traditions

Soboba Tribal Family Services is offering a new Parenting Class that explores the values of traditional Indian child-rearing that have their roots in our culture and heritage and then help parents apply these values to their modern skills in parenting.

Class size is limited, so call to reserve your seat.

For more information and dates of training, call Theresa Sam, Case Manager with Soboba Family Services, at (951) 487-0283

or email at tsam@soboba-nsn.gov

3rd Annual Mens All Native Basketball Tournament

GAMES WILL BE PLAYED AT THE SOBOBA SPORTS COMPLEX - SAN JACINTO, CALIFORNIA 92583

REGISTRATION DEADLINE: OCT. 24TH 2015

1/2 DOWN BY 24TH REMAINING DUE DAY OF FIRST GAME

NO REFUNDS AFTER THE 24TH

\$350 PER TEAM

PRIZES WILL BE AWARDED AS FOLLOWS:

1ST PLACE \$1000.00

2ND PLACE (10) TEAM SHIRTS

ALL TOURNEY & MVP PRIZES

ALL PAYMENTS MUST BE COMPLETED AT THE SOBOBA SPORTS COMPLEX BY OCT. 24TH, 2015 (MONEY ORDERS, CHECKS, CREDIT CARD, OR CASH)

PAYABLE TO THE SOBOBA BAND OF LUISENO INDIANS
C/O SOBOBA PARKS AND REC
PO BOX 487 SAN JACINTO, CA 92583

FOR MORE INFO PLEASE CONTACT

SOBOBA SPORTS COMPLEX

951-654-1319 | 951-260-8293 | ASK FOR ANDY SILVAS
ASILVAS@SOBOBA-NSN.GOV | FAX - (951) 654-4611

REGISTRATION FORMS ONLINE AT:

WWW.SOBOBAPARKSANDREC.COM
(UNDER "PUBLIC EVENTS")



HOSTED BY:



Project Fatherhood

Project Fatherhood is now half-way through its scheduled classes and has been a huge success.

Join us from 12:30pm to 2:00pm in Tribal Hall, where lunch is provided.

All Soboba fathers are welcome (this includes step-fathers, foster fathers, fathers-to-be, and any men who take up the role of fathers.)

Project Fatherhood, a holistic family wellness program aimed at increasing the skills of Native fathers. This program aims to help fathers of all ages to understand the sacred role they play in taking care of their children.

When Native people truly understand the past it motivates and inspires them to work toward a better future built on a strong family foundation.

For more information, please call Chris Evensen, Tribal Social Worker for Soboba Tribal Family Services at (951) 487-0283 or email at cevensen@soboba-nsn.gov.

Center Against Sexual Assault



24- Hotline: (951) 652-8300

24 – Hour Child Abuse Hotline for
Riverside County
(800) 442-4918 or (800) 442-4453



Alternatives to Domestic Violence 24-hour Hotline

Riverside City and out of County: (951) 683-0829
Remainder of Riverside County: (800) 799-SAFE (7233)
TDD Line – (800) 787-3224

If you are in immediate danger call 9-1-1

ANSWERS

1. (d) Cell phones have the potential to lead to dangerous traffic situations. Getting absorbed in a riveting conversation or taking your eyes off the road just for a second may lead you to miss important traffic signs, signals, and situations.

2. (c) Your friend isn't in a good condition to drive and trusting him to realize that is not the best idea. Instead, escort him to the passenger seat of a car driven by someone who hasn't been drinking.

3. (c) Whoa! Cutting off a vehicle can cause a crash. Even if you know what you're doing, the cars around you may not. Plus, you might cut off a driver who has road rage problems or get pulled over for driving aggressively (speeding is considered aggressive driving.) Driving responsibly is one of the best ways to avoid being the cause or victim of a crash.

4. (b) The faster you go, the less time you have to spot hazards and respond to them. And that rumor about the cops not stopping you? It's wrong! Remember, speeding is considered aggressive driving and the law cracks down hard on aggressive drivers. Speeders face really heavy fines and even license suspension in some states.

5. (a) You know that driving while drowsy is a bad idea, but there are better solutions than caffeine and music. Once you realize you're tired, pull over and catch a quick nap or get someone else to drive. Once a person's eyes drift shut, it only takes a few seconds for the car to run off the road or into another vehicle.

6. (c) It may be legal to drive through a yellow light, but speeding up so you can do so is a bad idea. If you're forced to slam on your brakes at the last minute to avoid running a red light, you risk getting hit from behind. Also, when you run a red light, you run the risk of getting broadsided.

7. (a) AAA safety experts now recommend keeping hands at either 9 o'clock and 3 o'clock or 8 o'clock and 4 o'clock to avoid injury if an airbag deploys. This hand position also helps reduce arm fatigue and allows greater steering control in an emergency situation. Driving with one hand puts you at a disadvantage if you come across an unexpected emergency situation (like a child in the road). You can't turn as well using one hand, and by the time you put the other hand back on the wheel, it may be too late. Plus, we don't need to tell you that texting while driving is one of the most dangerous things you can do.

There's only one right answer to this quiz: Responsible drivers are the winners. It just takes one tiny slip-up to cause a problem on the road. That means there's no difference between a driving style that's a tiny bit risky and one that's downright dangerous. Avoiding risky driving is only half the battle, though. It's important not to be a victim, either. Wear your seatbelt, watch out for dangerous drivers, keep your hands on the wheel, and use your mirrors to stay aware of what's going on around you. Excerpted from www.kidshealth.org in Teen Road Tripping


Quiz
 What's your driving style?

Car crashes are the #1 killer of teens. You can't control how other people drive, but what about you? Let our quiz give you some insight into your driving habits.

1. **You're talking on your cell phone accidentally drop the phone on the floor. You:**
 - a. Dive under the passenger seat to retrieve the phone.
 - b. Leave it there until the next stoplight or stop sign.
 - c. Never talk on the phone and drive, so this is a non-issue.

2. **You go to a party with a friend. He's had several drinks while you didn't drink at all. When he goes for his keys to drive home, you:**
 - a. Convince him to let you drive.
 - b. Tell him to find a ride.
 - c. Let him drive - he was able to walk in a straight line.

3. **You're late for a movie. Your exit's ahead, but none of the cars in the exit lane will let you squeeze in. You:**
 - a. Pretend your accelerator is one of the drivers' heads as you floor it toward the next exit.
 - b. Start screaming profanities and cut off one of the cars so you'll make the exit. You can't miss the previews!
 - c. Count to 10 while calmly heading toward the next exit. You don't want to lose your cool.

4. **The speed limit is 45mph. You tend to go:**
 - a. Up to 65 mph. Aren't speed limits just suggestions?
 - b. 45 mph. You'd rather spend \$200 on a new phone, not a speeding ticket.
 - c. Up to 50 mph. You've heard cops don't stop you unless you're going more than 5 mph over the limit.

5. **You're on a road trip with friends and it's your turn to drive. You're 5 miles from your next checkpoint when you start to nod off. You:**
 - a. Get a friend who isn't tired take over the wheel while you curl up and doze.
 - b. Step on the gas so you make it before you fall asleep at the wheel. It's only 5 miles away.
 - c. Grab a piece of chocolate and crank up the tunes.

6. **A yellow light means:**
 - a. Speed up and cruise through the intersection. Yellow is the new green.
 - b. Speed up, but slam on the brakes if the light turns red before you enter the intersection. You know you're supposed to slow down to stop, but one out of two ain't bad.
 - c. Slow down and stop for the red light.

7. **You're cruising stance is best described as:**
 - a. One hand at 9 o'clock and the other at 3 o'clock.
 - b. One hand at 10 o'clock and the other at 2 o'clock.
 - c. One hand on the wheel and the other on your keypad.

Take a look at the answers to the left and see how you scored.