

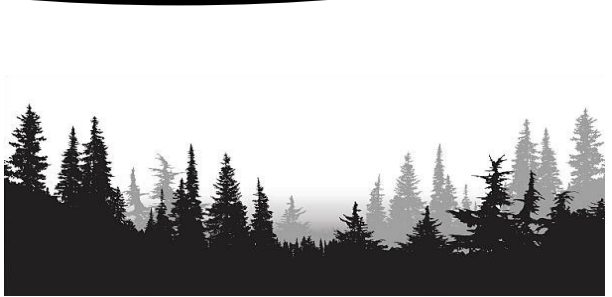
Confederated Tribes of Siletz Indians  
**PORTLAND POTLATCH**  
 November 2021

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Portland Potlatch is published by the Confederated Tribes of Siletz Indians Portland Area Office



**COMMUNITY  
 CULTURE CRAFT SERIES  
 PART TWO**

We are excited to announce **Part 2** of our community craft series. The take-home craft series began in October and will continue through December 2021.

At the end of the series we will host a zoom meeting for all participants to show their work or progress.

**Our 2nd project in the series will be Baskets!**



**The deadline to sign up is:  
 Monday, November 15th at 4:30 PM**

To sign up, please e-mail  
 Dianna Edenfield at:

**Diannae@ctsi.nsn.us**

## *Siletz Portland Area Office December*



*Join Us for  
Santa's  
Reindeer  
Games!*



Since we cannot gather for our Annual Christmas Dinner this year, the Portland Area Office will be hosting Santa's Reindeer games!

Siletz Households that sign up by the deadline, will receive an incentive prize, a pack of fun activities for the whole family, and a chance to win other prizes and goodies!

**Spots are limited, so be sure to sign up right away!**



**Deadline to Sign up:**

**Wednesday, November 17th @ 4:30 PM**

e-mail or call:

Andrewj@ctsi.nsn.us

(503) 238-1512 ext. 1419



## PAO Announcements

*2021 Restoration  
Pow-Wow Canceled*

**WE LOOK  
FORWARD TO  
CELEBRATING  
WITH YOU IN  
2022.**



## 477—Self-Sufficiency Program

### 477 Self Sufficiency Mission Statement

To assist eligible clients in attaining self-sufficiency. The 477 Self-Sufficiency Program will serve the following groups as they work towards this goal:

- Siletz Families
- Native American
- Alaskan Native
- Native Hawaiian

The available components through the Program are cash grant services, emergency utility assistance, job training, job retention services and supportive services.

The Program Manual lists all available components in detail and the requirements of each. All components of the 477 SSP are available on a budgetary basis.

Contact a Tribal Services Specialist for more information about current components that are available.

### Your Success is Important to Us!

Contact a Tribal Services Specialist for more information about current components that are available.

If you have questions or to apply, please call the Portland Area Office (503) 238-1512 and speak with Anna Renville ext. 1412 or Tamra Russell ext. 1411.

## Education & Youth Update



Online Academic support is available for Siletz Tribal Members!

### Siletz Tribal Members Online Academic Support

- \* 24/7 On-Demand Access to Online Professional Tutors
- \* All Subjects and Grade Levels- From Kindergarten through College/University
- \* Individualized Help in All Subjects
- \* SAT & ACT Prep; College Course Level Help and More
- \* All Tribal Students Eligible to Apply, Regardless of Residence.

Contact your local Education Specialist to sign up:  
 Siletz & Out-of-Area: Alissa- AlissaL@ctsi.nsn.us  
 Salem: Sonya- SonyaMJ@ctsi.nsn.us  
 Portland: Katy- KatyH@ctsi.nsn.us  
 Eugene: Candace- CandaceH@ctsi.nsn.us

Please Note:  
 On-line tutoring access is funded with US CARES Act Funds: Students MUST complete a COVID-19 Tutoring Application to register. Tutoring hours are available on a first come first serve basis as resources are available

## Education & Youth Update



- November 10th: "TutorMe" Info Night—6PM
- November 15th: Fall Activity Registration due by 4:30pm
- November 16th: FAFSA Info Night—6PM

**FREE TUTORME ONLINE TUTORING PROGRAM**  
 ONLINE TUTORING AVAILABLE 24/7 FOR ENROLLED SILETZ TRIBAL MEMBERS AVAILABLE TO GRADES K- 12 AND COLLEGE STUDENTS  
 CONTACT YOUR AREA EDUCATION SPECIALIST TO SIGN UP

\*PLEASE NOTE – TUTORING IS AVAILABLE ON A FIRST COME FIRST SERVE BASIS AS FUNDING IS AVAILABLE

**TUTORME INFORMATION NIGHT VIA ZOOM**  
 NOVEMBER 10TH AT 6PM  
 CONTACT YOUR AREA EDUCATION SPECIALIST TO GET THE ZOOM LINK

**AGENDA INCLUDES:**  
 WHAT IS TUTORME?, SPECIFIC WAYS STUDENTS CAN TAKE ADVANTAGE, WALKTHROUGH OF THE STUDENT USER EXPERIENCE, FREQUENTLY ASKED QUESTIONS, AND OPEN Q&A

PORTLAND AREA	SILETZ AREA	SALEM AREA	EUGENE AREA
( 503) 238- 1512	( 541) 444- 8373	( 503) 390- 9494	( 541) 484- 4234
KATYH@CTSI.NSN.US	ALISSAL@CTSI.NSN.US	SONYAMJ@CTSI.NSN.US	CANDACEH@CTSI.NSN.US

## Education & Youth Update

### 2021 Virtual Siletz Tribal Youth Conference



#### BE ON THE LOOK OUT!!

The 2021 VIRTUAL Siletz Tribal Youth Conference applications will be sent to your home if you are a Siletz Tribal Youth between 7th grade and high school. We hope you will join us this year for a great 2 day conference. REMEMBER TO FILL OUT THE APPLICATION AND RETURN.

### Siletz Education Programs Serving Our Tribal Members

- ◆ **Higher Education:** Assists Tribal Members to attend college towards their Bachelors Degree—up to five years of educational support funding. Each year the deadline to apply is June 30th. Applications to apply for Federal student Aid (FAFSA—required) opens **October 1, 2021.**
  - ◆ **Adult Vocational Training Program:** Supports Tribal Members for up to two years of specific vocational training. Download applications at <http://www.ctsi.nsn.us/uploads/downloads/Education/Grants/CTSI-AVT-Application.pdf>
  - ◆ **Adult Education Program:** For Siletz Tribal Members 16 years or older who are not already enrolled in a formal education program. This program can assist with GED, certificate and licensing programs, classes and more. The programs primary purpose is to improve and maintain employment status of all of our Tribal Members. No deadline applies to this.
- For more information please contact Katy at the Portland area office by calling or by email; [katyh@ctsi.nsn.us](mailto:katyh@ctsi.nsn.us) .
- Please visit our Tribal webpage at:** <https://www.ctsi.nsn.us/tribal-services/education/>

## Education & Youth Update

**S**iletz Tribal Youth Activity Fund is available to enrolled Siletz Tribal Youth to fund a variety of programs such as: sports, music, camp, science, cultural supplies/materials, shop, lab fees, extra curricular and more. Download the Youth Activity Fund Application online at [www.ctsi.nsn.us](http://www.ctsi.nsn.us).

### VIRTUAL FAFSA INFORMATION NIGHT

Join the CTSI Education Team on **November 16th at 6pm** to:

- Explore the Free Application for Federal Student Aid (FAFSA)
- Find out what documents are needed to apply
- Create your Federal Student Aid (FSA) ID
- Get help applying for FAFSA
- Get your FAFSA questions answered by Cy Hill and John Dedrick from Chemeketa Community College

Who should attend: Tribal member high school seniors, parents of high school seniors and anyone interested in learning more about completing their FAFSA.

CONTACT YOUR AREA EDUCATION SPECIALIST TO SIGN UP AND GET A ZOOM LINK

Portland Area	Siletz Area	Salem Area	Eugene Area
(503) 238-1512	(541) 444-8373	(503) 390-9494	(541) 484-4234
<a href="mailto:katyh@ctsi.nsn.us">katyh@ctsi.nsn.us</a>	<a href="mailto:alissal@ctsi.nsn.us">alissal@ctsi.nsn.us</a>	<a href="mailto:sonyamj@ctsi.nsn.us">sonyamj@ctsi.nsn.us</a>	<a href="mailto:candaceh@ctsi.nsn.us">candaceh@ctsi.nsn.us</a>

### Siletz Tribal JOM Supplemental Education Program:

Helps to fund K-12 Native American students who are attending a public school in support of their intellectual growth, vocational goals and cultural enrichment. The program also advances the participant's physical, social and emotional growth.

Applications can be found on the CTSI web page at [www.ctsi.nsn.us](http://www.ctsi.nsn.us). Contact Katy by email at [katyh@ctsi.nsn.us](mailto:katyh@ctsi.nsn.us) or by calling the Portland Area Office (503) 238-1512 ext. 1418.

## Education & Youth Update

### Are you ready for the new November JOM Activity?

Registration is open from November 1st through November 15th. Please call Katy at (503) 238-1512 ext. 1418 or email Katy if you would like the link to sign up: [katyh@ctsi.nsn.us](mailto:katyh@ctsi.nsn.us)

# JOM FALL ACTIVITIES

Open to JOM registered youth in the 11-county service area.

Register each month by the due dates below to receive a fun activity package!

Contact your local Education Specialist to sign up.

<b>Candace Hill</b> Eugene Area Office 541-484-4234 <a href="mailto:CandaceH@ctsi.nsn.us">CandaceH@ctsi.nsn.us</a>	<b>Alissa Lane-Keene</b> Siletz Area 541-444-8373 <a href="mailto:Alissal@ctsi.nsn.us">Alissal@ctsi.nsn.us</a>
<b>Katy Holland</b> Portland Area Office 503-238-1512 <a href="mailto:KatyH@ctsi.nsn.us">KatyH@ctsi.nsn.us</a>	<b>Sonya Moody-Jurado</b> Salem Area Office 503-390-9494 <a href="mailto:SonyaMJ@ctsi.nsn.us">SonyaMJ@ctsi.nsn.us</a>

## DATES

- **October: Opens 10/1 and closes 10/14**
- **November: Opens 11/1 and closes 11/15**
- **December: Opens 12/1 and closes 12/14**

### OHSU Native American Center of Excellence Presents:

Tribal Health Scholars Program for High School Juniors and Seniors .  
Providing 13 paid health care focused internships in a variety of careers.

### Deadline to apply December 1st 2021

If you are interested in this program please email [Katie@murpkati@ohsu.edu](mailto:Katie@murpkati@ohsu.edu) or call Katy Holland at the Portland area office for more information (503) 238-1512 ext. 1418.

## Education & Youth Update

### Thinking of attending college during the 2022-2023 Academic year? Here's what you need to know

↘ FAFSA Opens for Applications Oct. 1st  
(at [www.fafsa.ed.gov](http://www.fafsa.ed.gov))

*\*If applying for Higher Education funds for the 2022-2023 academic year, students must complete their FAFSA by June 30th*

↘ CTSI Higher Education Grant Application Due June 30th  
[www.ctsi.nsn.us/wp-content/uploads/2020/12/Higher-Education-Application.pdf](http://www.ctsi.nsn.us/wp-content/uploads/2020/12/Higher-Education-Application.pdf)

↘ CTSI Graduate Application Due June 30th

[www.ctsi.nsn.us/wp-content/uploads/2020/12/Graduate-Student-Application.pdf](http://www.ctsi.nsn.us/wp-content/uploads/2020/12/Graduate-Student-Application.pdf)

- Graduate applicants must apply to the American Indian Graduate Center for scholarship funding, to be eligible for CTSI Funding (at [www.aigcs.org](http://www.aigcs.org))
- American Indian Graduate Center applications open as early as December and **close as early as May each year**. It is your responsibility to be aware of and meet the AIGC scholarship deadlines.

Contact an Education Specialist in your area for more information.

Siletz Area & Out-of-State Alissa Lane-Keene <a href="mailto:Alissal@ctsi.nsn.us">Alissal@ctsi.nsn.us</a> 541-444-8373	Eugene Area Candace Hill <a href="mailto:CandaceH@ctsi.nsn.us">CandaceH@ctsi.nsn.us</a> 541-484-4234	Portland Area & Washington Katy Holland <a href="mailto:KatyH@ctsi.nsn.us">KatyH@ctsi.nsn.us</a> 503-238-1512	Salem Area Sonya Moody-Jurado <a href="mailto:SonyaMJ@ctsi.nsn.us">SonyaMJ@ctsi.nsn.us</a> 503-390-9494
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Visit [www.ctsi.nsn.us/post-secondary-education/](http://www.ctsi.nsn.us/post-secondary-education/) for applications.



## Behavioral Health Program

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### The rain sneaks in:

While the leaves around us have turned to pretty colors, the rains have also increased. While rain is essential to keeping Oregon green, gray days with little to no sun can feel quite gloomy.



### Ways to cope with rainy day blues:

- 1) Watch a movie—get on Netflix, rent a movie at your local library, or use a Redbox. Fill those rainy hours with some light entertainment.
- 2) Be good to yourself—Go get a manicure or pedicure, or some sort of pampering treatment, or do one at home. Dollar Tree has pampering products cheap.
- 3) Don't wait for spring cleaning; a rainy day is a great time to re-organize a cluttered closet, sort and fold your laundry, or do that other cleaning project you've

been putting off. And, mental health bonus: The more clean and organized your house, the better you feel in your head!

### Mental Health Specialist virtual services include:

Brainspotting, couples counseling, youth, adult and family counseling with emphasis in experiential healing and person-centered therapy. Rachel likes to meet people where they are at, and help them be the best they can be with what they have.

### A November haiku by the MHS:

With November chills,

Comes those seasonal comforts,

Blankets and hot cocoa.

**Email Mental Health Specialist Rachel your own haiku and she'll put it in her newsletter, first-come first-served.**

[rachela@ctsi.nsn.us](mailto:rachela@ctsi.nsn.us)

## Behavioral Health Program

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### Traditional Coping

Winter preparations should now be well underway, and the Elders in our thoughts. It's still a great time to be active in your community; try and join a wood-cutting event, or find other ways to reach out to the members of the community in the most need. Traditional ways that have helped the Siletz people find peace and harmony include: attending sweats, drum circles, talking circles, and smudging.

Live life in a healthy, good way, while also continuing social distancing to keep everyone safe.

Portland Area Office  
Virtual Appointments Only  
(503) 200-4340

Salem Area Office  
Virtual Appointments Only  
(503) 200-4340

## Language Program

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Log in on the CTSI website to get more information about classes and to get access to study materials.



**SIGN UP TODAY FOR FALL SESSION ON-LINE LANGUAGE CLASSES**

**LEARN NUU-WEE-YA!**

TUESDAYS OCTOBER 12-DECEMBER 7  
5:00 PM-BEGINNING CONVERSATION

THURSDAYS OCTOBER 14-DECEMBER 9  
5:00 PM-CONTINUING CONVERSATION

SATURDAYS 10/30, 11/13, 12/4  
11:00 AM- IMMERSION SPEAKING GROUP

Please contact Nick Viles ([nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us)) with questions and to sign up

## Virtual Culture Nights



# CTSI VIRTUAL CULTURE NIGHTS



ALL TRIBAL MEMBERS AND FAMILIES WELCOME

### Upcoming Dates:

**December 8 at 6 pm: Spruce Root**

**January 12 at 6 pm : Pine Nuts**

**February 9 at 6 pm: Hazel**

Sponsored by the Education and Culture Departments.  
Contact Nick Viles at 1-800-922-1399 x1757 or [nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us) for log in information



For more information about Virtual Culture nights please visit the CTSI website at [www.ctsi.nsn.us](http://www.ctsi.nsn.us).

## Home Visiting Program

### Ally Metcalf Graduates from Home Visiting



*Ally and Tristan Metcalf and their children Hudson and Lola.*

Congratulations to Ally Metcalf as she graduates from the Siletz Home Visiting Program! Ally joined Home Visiting in the summer of 2018 just weeks before the birth of her son Hudson in September. She participated in the program until September of this year when Hudson turned 3 years old.

Ally and her husband Tristan accomplished and experienced much over the course of the three years in the program. They bought a home for their family and had a second child, their

daughter Lola. Ally maintained employment while she continued to learn new skills allowing her to gain more responsibility and promotions at work. The pandemic brought job losses and challenges to the family but Ally was able to return to her work and Tristan found a new job more suited to him.

Through the ups and downs and challenges Ally has grown in confidence as a parent. She commented that being a first time mom is overwhelming and scary at times, receiving guidance and being reassured was a good thing. Her desire to be the best parent she can be has never wavered and her children are benefiting from her love, attention and growing confidence. Ally had this to say, "This program has made a huge difference in my life. It has definitely helped me through my journey of motherhood. I am so thankful for our home visitor and to be able to benefit from this program."

Congratulations Ally! We wish you and your family the best!

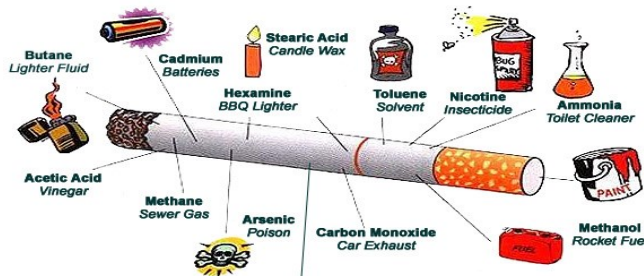
For more information, contact Home Visitor Lori Christy [loric@ctsi.nsn.us](mailto:loric@ctsi.nsn.us) or (503) 390-9494.

# Tobacco Prevention Program

# Diabetes Virtual Dinner

## THE HEALTH BENEFITS OF QUITTING SMOKING

### Tobacco: More than just Nicotine



Tar: includes the majority of mutagenic and carcinogenic agents in tobacco smoke

- 20 Minutes after quitting—Your heart rate drops. (CDC)
- 12 hours after quitting—Carbon monoxide levels in your blood drops to normal. (CDC)
- A few months after quitting—Your sense of smell and taste may improve. (National Cancer Institute)
- 2 weeks to 3 months after quitting—Your heart attack risk begins to drop. Your lung function begins to improve. (CDC)
- 1 to 9 months after quitting—Your coughing and shortness of breath decreases. (CDC)
- 1 year after quitting—Your added risk of coronary heart disease is half that of a smoker. (CDC)
- 5 years after quitting—Your stroke risk is reduced to that of a nonsmoker, 5-15 years after quitting. (CDC)
- 10 years after quitting—Your lung cancer death rate is about half that of a smokers. Your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases. (CDC)
- 15 years after quitting—Your risk of coronary heart disease is back to that of a nonsmoker. (CDC)

Commercial Tobacco Quitline 1-800-QUIT-NOW  
AI/AN Line now available (option 7) 1-800-784-8669



## Diabetes Virtual Dinner!

Criteria: You must be a Siletz tribal member/ Siletz tribal household within the 11 county service area, and actively have diabetes. Applications are due December 31<sup>st</sup> 2021 so that we can ensure everyone's boxes arrive on time for our January Luncheon!  
Supplies are limited, there are only 60 spots so hurry and get your applications in! Please send applications to [Kimberlyl@ctsi.nsn.us](mailto:Kimberlyl@ctsi.nsn.us) or PO BOX 320 Siletz OR 97380 attention Diabetes.

Applicant Information			
Full Name:	_____	Date:	_____
	<i>Last First M.I.</i>		
Address:	_____		
	<i>Street Address</i>	<i>Apartment/Unit #</i>	
	_____	_____	_____
	<i>City</i>	<i>State</i>	<i>ZIP Code</i>
Phone:	_____	Email	_____
Siletz Tribal Roll Number:	_____		

Our dinner/ luncheon will be virtual and the food will be sent to you a few days before the event each month. It will require you cook it at home and participate in one of the dinner/ luncheon sessions regularly or the food service box we utilize will be canceled. We will have a mid-day and evening zoom each month to accommodate people's schedules, participants are only expected to attend one each month.

**You must provide documentation of a Diabetes diagnosis with your application to participate in the program.**

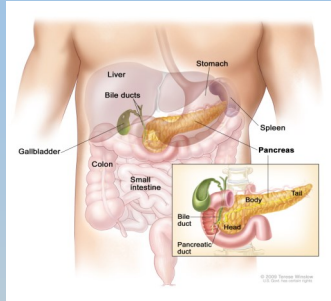
I acknowledge that I have read and understand the program perimeters above

**Your application must be complete and we must be able to contact you or your application will not be accepted.**



# Voc. Rehab Program

## NOVEMBER AWARENESS: PANCREATIC CANCER



Pancreatic Cancer is the 3<sup>rd</sup> leading cause of cancer in the US. It is diagnosed when there is an abnormal growth of cancer cells (mutated & expansive) on the Pancreas, an organ located behind the lower part of the stomach. Individuals may experience abdominal pain, jaundice, itchy skin, fatigue, and weight loss. Pancreatic Cancer is medically treatable and requires lab tests and imaging. Sometimes surgery gives physicians a better idea of the cancer's stage and treatment options. This cancer may last several months or years depending on the stage of the cancer and treatment (*Stages - Pancreatic Cancer Action Network (pancan.org)*). The exact cause of Pancreatic Cancer is unknown. Risk factors are diabetes, pancreatitis, and stomach ulcers. The location of the tumor,

age, and general health may determine the need for surgery, chemotherapy, and/or radiation.

Symptoms: Early stage of pancreatic cancer may be asymptomatic. Once the disease progresses it may include the following:

- ✦ Digestive problems, including abnormal stools, nausea or vomiting
- ✦ Pain in the upper abdomen and back
- ✦ Loss of appetite
- ✦ Sudden weight Loss
- ✦ Jaundice (yellowing of the skin and whites of the eyes)
- ✦ Very high sugar levels in diabetic patients

Pancreatic cancer rates are increasing due to a lack of information about the need to get screened earlier and promotion by health care systems. Lack of access to health care for AI/AN people is a large factor in increased mortality rates and diagnosis at later stages of this cancer which lowers the rates of survival.

Pancreatic Cancer may cause chal-

# Voc. Rehab Program

lenges in the individual's ability to get or keep employment due to functional limitations, i.e., Work Tolerance: lower levels of stamina, strength, lifting ability, walking endurance, intolerance to temperature changes and side effects of chemotherapy. Some accommodations are a flexible work schedule and rest breaks, or working remotely, cushioned floor mats & chairs, heated gloves, ergonomic equipment, and/or a modified work station.

For more information about the Vocational Rehabilitation Program please contact:

- Rachelle Endres, VRC (Siletz)  
541-444-8218
- Toni Leija, VRC (Salem)  
503-390-9494
- Tamra Russell, VRC (part-time)/TSS (Portland)  
503-238-1512 ext. 1411

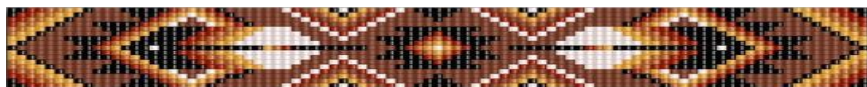


**Cultural Gatherings: Southern Oregon Acorn Virtual Camp**  
**Hosted by the Indigenous Gardens Network**  
**Date: Saturday, November 13th, 2021 at 4PM**

**Please contact Cristina or Nick:**

**Cristina.Lara@grandronde.org (503) 879-1693**  
**nickv@ctsl.nsn.us (541) 484-4234**

## Resources



**CTSI Resource Line**  
541-444-9613

We are here to connect Tribal members and their families to local resources. This includes food, housing, and other essentials.

We have hard to find items available for general membership. This includes:

- Thermometers
- Hygiene and sanitation items
- Smudge kits
- and more!

*Available while supplies last*

If you need assistance, call us Monday through Friday between 9am-3pm.

**KEEP PORTLAND WEIRD ALIVE.**

STAY HOME. SAVE LIVES.

211info ★

**2-1-1**

*The easiest way to find health and human services.*

**TEXT** zip to 898211  
**DIAL** 211  
**SEARCH** 211info.org

**Free. Live. Confidential.**

## Portland Area Office Staff

Name/Title	Contact Information
Andrew Johanson Area Office Supervisor	(503) 238-1512 x 1419 andrewj@ctsi.nsn.us
Katy Holland Education Specialist	(503) 238-1512 x 1418 katyh@ctsi.nsn.us
Vacant Community Health Advocate	(503) 238-1512 x 1413
Dianna Edenfield Area Office Clerk	(503) 238-1512 x 1400 diannae@ctsi.nsn.us
Anna Renville Tribal Service Specialist	(503) 238-1512 x 1412 annar@ctsi.nsn.us
Tamra Russell Tribal Service Specialist	(503) 238-1512 x 1411 tamrar@ctsi.nsn.us
Andrew Eddings Outpatient Counselor I	Work Cell: (541) 270-9717 andrew@ctsi.nsn.us
Rachel Adams Mental Health Specialist	(503) 238-1512 x 1417 rachela@ctsi.nsn.us
Andulia WhiteElk A & D Counselor	(503) 238-1512 x 1414 anduliaw@ctsi.nsn.us

Portland Potlatch is published by the Confederated Tribes of Siletz Indians Portland Area Office

12790 SE Stark St.,  
Suite 102, Portland,  
OR 97233

Phone: (503) 238-1512  
Fax: (503) 238-2436  
www.ctsi.nsn.us



## Other Contact Numbers

Name/Program	Number	Name/Program	Number
Confederated Tribes of Siletz Indians	800-922-1399	Purchased Referred Care (PRC)	800-628-5720
Portland Area Office	(503) 238-1512	Angelina Artiago Portland Elders Rep.	(503) 760-3899
Salem Area Office	(503) 390-9494	Kay Steele Portland Elders Rep.	(503) 760-4746
Eugene Area Office	(541) 484-4234	NARA	(503) 224-1044
Siletz Community Health Clinic	(800) 648-0449	NAYA	(503) 288-8177