



Teach Them Before They Teach Themselves

by Danelle Zosel-Sanderson, Tobacco Prevention Coordinator

Did You Know?

- ☞ Joe Camel is as familiar to 6-year-olds as Mickey Mouse.
- ☞ Since 1990, marijuana use has tripled among Oregon eighth-graders.
- ☞ Forty-three percent of teen-agers who began drinking before age 14 later became alcoholics.

-
- ▲ **Start talking** with your young child about the dangers of alcohol, tobacco, and other drugs.
 - ▲ **Listen to your children** and try to understand their concerns.
 - ▲ **Know that children** are never too big for a hug, even when they are grown.
 - ▲ **Get involved** and take the time to attend and help with school and after-school activities.
 - ▲ **Establish clear** family boundaries and expectations.

Lung Cancer and Smoking Among American Indians

Cancer is the second most common cause of death among American Indians and Alaska Native people, causing one in six deaths. Of these cancers, lung cancer is responsible for one-quarter of all cancer deaths each year.

American Indian and Alaska Natives' lung cancer rates have steadily increased since the 1960s. Lung cancer is almost always fatal because it spreads so rapidly through the lungs and there is no good screening test to detect it before it spreads.

But there is good news for American Indians and Alaska Natives. Current research shows that 90 percent of lung cancer can be prevented by **not smoking**. Heavy smokers not only risk getting lung cancer, but also cancer of the bladder, kidney, pancreas, esophagus, mouth, and larynx, not to mention the risk of heart disease, emphysema, and bronchitis.

When you quit smoking, you immediately reduce your risk. If Indian people had continued to use tobacco the way it was intended, only for traditional and ceremonial purposes, we would have seen, at most, 35 lung cancer deaths in 1996 instead of 350.

(See Teach on page 21)

Nutrition for Kids

The WIC program is sponsoring nutrition classes for kids! Classes are held from noon to 1 p.m. on the first Tuesday of each month. Amber Lacy, a nutritionist at the Lincoln County Extension office, teaches the classes.

During the first class, Lacy used commodity and WIC foods to make delicious dishes. She taught parents to make crepe blintzes with two different fillings. One blintz had a cheese-type filling topped with fruit for a quick but fancy breakfast or lunch. Another was filled with Spanish rice and cheddar

cheese as a way to use up leftovers. Both were affordable, nutritious and delicious!

Another dish Lacy demonstrated was beef stroganoff. She invites parents into the kitchen to help prepare the food for a fun, hands-on activity. Samples are served, of course, after the preparation.

The next class is scheduled for Jan. 4. These classes work as class credit for those on the WIC program. **Everyone is welcome.** Bring the kids and join us!



Erin Kirk

Erin Kirk Leads Medical Support Staff

Erin Kirk works at the Siletz Community Health Clinic as the medical support supervisor. She graduated on May 1, 1999, from Concordia University in Portland with a bachelor's degree in health care administration.

Kirk started her job at the clinic on May 19 and says it was a dream come true for her to start such a wonderful job right after graduating from college. She has always wanted to work in community health and is excited to be working at an Indian health clinic.

Kirk enjoys working closely with patients and with her co-workers. When not at work, she likes to make jewelry and looks forward to learning how to bead. She also likes to camp, walk on the beach and play tennis. Erin especially likes living in Newport and being near the beach. She resides with her husband, Kent, her cat named Kitten, and two dogs, Angus and Red Dog.

Mobile Flu Shots

Do you know someone who needs a flu shot but would have trouble getting to the clinic? A nurse can come to their home! Call the clinic for more information - 444-1030.