

## TRIBAL PROGRAM NEWS

### Housing Improvement Program on Hold

by Tammy Wagner

#### Applications for 2000

We are currently having some problems with our financing from the Bureau of Indian Affairs. Until these issues are resolved, we will not produce a final list or send out any award letters. We apologize for the inconvenience to our clients but will notify you as soon as possible. We will continue to process the applications we have received. To speed this process up, if you have not sent in your income verification, please send it to Tammy Wagner at PO Box 549, Siletz OR 97380. Please feel free to call us anytime.

#### Looking for Contractors for General, Excavating, Electrical, Plumbing, and Mechanical

We are looking for responsible contractors to do construction work on rehabilitation projects and septic, drainfield, well, and water system installations. You need to be licensed, insured, and bonded with the Construction Contractor's Board. We also have a 10 percent preference policy for 51 percent properly licensed Indian-owned contractors.

### Mountain Spirit Song

Way un tun tay  
Way un tun tay  
Way un tun tay ho  
Way un tun tay ho  
Eye yei yei yei  
Ho oh oh oh  
Un tun tay ho

Special thanks to  
Conrad House, Navajo

Questions about the tune?  
Call Lisa Brown at 541-444-8333.

### Secondhand Smoke is No Joke

by Lisa Brown, Prevention Coordinator

#### What Happens to People Who Live with Secondhand Smoke?

- ◆ 34 percent increase in chance of getting cancer
- ◆ If you smoke a pack a day at home, your kid smokes 50 packs a year.
- ◆ Secondhand smoke kills 53,000 people every year.
- ◆ Every year, 300,000 babies get sick from secondhand smoke.
- ◆ Nearly 800 Oregonians die each year from exposure to the toxic cancer-causing chemicals in secondhand smoke.

#### Straight tobacco facts

- ◆ 1 in 4 Oregon deaths are caused by tobacco use.
- ◆ Congratulations to a non-smoking couple. A Siletz Tribal member and his wife who used to spend \$11 a day on cigarettes, approximately \$300 a month. **What could you buy with \$300 today?**

#### Modeling Smoking Behavior Sends Negative Message to Young People

1. 73 percent of daily teen smokers who think they won't be smoking in five years are **still** smoking five to six years later.
2. Effective clean air policies that restrict smoking in public places have a

**strong impact** on teen-age smoking behavior, and result in fewer adults modeling smoking behavior (1991 Journal of Health Economics).

3. 70 percent of teen smokers say if they could have done things differently, they would not have started smoking (Gallup Organization 1992).
4. Young people who don't start smoking by age 21 may never start smoking

We ask for your support or comments on a proposal to protect our youth and non-smokers from the lure and dangers of cigarette smoke. At present, **designated** smoking areas are located in each stairwell of the tribal administration building, and directly in front of the Tribal Community Center. The stairwells do not work for our youth, as they tend to "hide out" there and smoke. The smoking area at the Community Center requires people to walk through smoke when entering or leaving the building.

The Siletz Tribe has been declared a drug-free workplace. The FDA determined that nicotine is a drug (7/17/99). Please support designating only one smoking area for the administrative complex (upstairs balcony area) and the comfort station as the smoking area for the Tribal Community Center.

Secondhand smoke is dangerous to the health of our people. When we smoke, we model to our youth that smoking is okay. Many public facilities have policies that restrict smoking within 20 feet of entrances/windows. Please help us make our public facilities safe and healthy.

Please contact Lisa Brown or Danelle Zosel-Sanderson at 541-444-2532 or 1-800-922-1399 if you have questions or comments. Look for a clipboard and sign your name to show your support (or non-support) for the proposal, available at the tribal office and clinic. Thank you for your time and attention to this matter.

#### Open Gym Can Lower Risk Factors

Our young people need to be around adults modeling healthy behaviors. Open gym addresses several risk factors for our community. First, it helps us provide the opportunity to exercise. Second, it brings community members together. Third, it provides structured activity for young and old, combined with education. We need the support of community members to continue with open gym. Currently, we are operating with a very limited staff.

(See Secondhand on page 10)