

**Community Education Night
Hepatitis C**

Hepatitis C is an infection of the liver caused by the hepatitis C virus. It is at epidemic proportions in the Siletz community as well as across the nation. At this gathering, tribal health staff will provide information about the prevention and treatment of hepatitis C. Everyone is encouraged to attend.

**Nov. 16, 2000, 6 p.m.
Siletz Community Health Clinic**

Oregon Tobacco Quit Line

The Quit Line offers free quitting information, one-on-one telephone counseling, and referrals either for you or for a loved one. The Oregon Health Division offers the Quit Line.

**Quit Line Hours:
Monday through Thursday – 9 a.m. to 8 p.m.
Friday – 9 a.m. to 5 p.m., Saturday – 9 a.m. to 1 p.m.**

If you call at other times, just leave a message and someone will call you back within one business day. Toll-Free Quit Line phone numbers are 1-800-270-7867 or 1-800-270-STOP.

Great American Smoke-Out

The 24th **Great American Smoke-Out** takes place on Nov. 16. The American Cancer Society's **Great American Smoke-Out** is celebrated each year by millions of smokers who try to quit for just 24 hours.

According to the American Cancer Society, millions of people have quit smoking since the first **Great American Smoke-Out**. Join this year's **Smoke-Out** and commit to a healthy, smoke-free environment. If you can quit for one day, you're closer to quitting for good.

Tobacco use is responsible for nearly one of every five deaths in the U.S. For this reason, the American Cancer Society's volunteers and staff hold the **Great American Smoke-Out** every year to help smokers quit cigarettes for a least one day, in hopes that they will quit forever. More people quit smoking on this day than on any other day of the year.

Quit Kits

The Siletz Community Health Clinic's Tobacco Prevention and Education department has Quit Kits available for tobacco users. If interested, please call Danelle Zosel-Sanderson at 1-800-648-0449 or 541-444-9661.

Timesheet, con't from page 19

						1.25	1.25	2		9/12	prep time, agenda items	
2	2			8/22	National Indian Council on Aging	3.75	3.75		2	9/13	Agenda items, gaming suit	
			9.5	8/23	Return from Duluth						Ordinance mtg. and signing	
1	1	1.5		8/24	Mail, gaming calls, admin	3.25	3.25		2	9/14	Planner interviews - Siletz	
2	2	.5	1.5	8/25	Meet w/ Grand Ronde Council, calls and mail	.75	.75		3.5	9/15	Run to the Rogue, Coos Bay, reports and signing	
4	4		2	8/26	To Siletz, Regular TC				3.5	9/16	Run to the Rogue - Agness	
3.5	3.5		2	8/27	Regular TC, signing							
.25	.25	.5		8/28	Calls, Brenda, Bonnie, Zak, admin, personnel				6	9/17	Run to the Rogue, return	
3.75	3.75		1.25	8/29	Indirect training - L. City				4.5	9/17	And leave for Coeur d'Alene ID, ATNI	
5	5		1.25	8/30	Indirect training, Investment Comm.	4	4			9/18	ATNI	
1.75	1.75	1		8/31		3.75	3.75		4.5	9/19	ATNI and return	
2.5	2.5		4	9/1	Mail packets, calls, student gathering from OSU-Siletz	1.5	1.5		1	9/20	Reports, mail packets	
						2.5	2.5	2.5		9/21	Prep for TC, gaming, mail, reports, personnel, admin.	
.5	.5	1.5		9/4	Gaming, mail, faxes	4	4		2	9/22	Financial wkshp - Siletz	
		2	2.5	9/5	Admin., gaming	4.5	4.5			9/23	Regular TC	
.25	.25	.25	7	9/6	Admin., gaming, personnel, travel	2	2	3.75	2	9/24	Regular TC	
to					Enterprise-Oregon Watershed Board	.5	.5	1		9/25	Gaming finan., admin.	
						3.5	3.5			9/26	Agenda items	
5.25	5.25			9/7	OR Watershed Board	1	1	1		9/27	Mail packets	
3.25	3.25		7	9/8	OR Watershed Board, and return				6	2	9/28	Gaming mtg. - Portland
						2.75	2.75	.25	4	9/29	Personnel, Budget and Investment Comm.	
2	2	6.25	2.5	9/11	Gaming Board, calls,	.5	.5		1	10/1	Reports, gaming, mail	