



Stop Smoking? How Can I Stay Trim?

Ten Steps to Keep Weight Off

So you plan to quit smoking, but you don't want to gain weight. Isn't that a big fear for smokers?

The concern about gaining weight often becomes a hurdle for smokers who want to quit. Some refuse to quit because they're afraid they'll gain weight. Some return to smoking after they stop for awhile because they think they would rather smoke than gain weight.

Tobacco companies would like you to believe that smoking is the way to be glamorous and thin. Take a close look at the tobacco ads the next time you're thumbing through a magazine. Pay attention to the underlying messages in those ads.

It's true that some people do gain weight when they quit smoking. When you quit, your metabolism goes back to normal and you can combat this change with exercise. It's also believed that smokers might eat less because they can't really taste the food. When you quit, you get your sense of taste and smell back. This can make food taste and smell better and you may want to eat more.

Try to eat healthy portions and healthy foods to combat this. You also may crave sweets more when you quit. It's believed that nicotine affects the level of blood sugar (glucose) in your body, therefore nicotine withdrawal may trigger cravings for sweets. Combat this by being aware that this may happen and try to avoid high-calorie and high-fat sweets.

The truth is that you're **never** better off smoking. It may take some effort, but you can quit smoking and control your weight.

- 1) Make not smoking your No. 1 priority
- 2) Exercise regularly
- 3) Monitor your weight
- 4) Know what you're eating
- 5) Eat well-balanced meals regularly
- 6) Reduce the amount of fat in your meals
- 7) Snack healthy
- 8) Avoid sweets and alcohol
- 9) Make healthy choices when eating out
- 10) Eat slowly – take at least 20 minutes



Controlling your weight and quitting smoking isn't always easy. If you do gain, don't be discouraged. You're likely to gain only 5 or 10 pounds. You're also very likely to lose any weight you gain within a three- to six-month period, the amount of time it may take you to gain control over your habit. You're learning new habits and that can take a little time.

Remember that you can always lose weight if you've gained, but you can't always lose cancer if you get it from smoking.

Passages

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thank everyone for their wonderful generosity, care, and support through our most difficult time. A big thank you to Lisa Norton for the slide show. You're the best, Lisa! A sincere gratitude to Brad Darcy for the wonderful eulogy. I know it wasn't easy, but you did a great job!

As always, it was a graceful and moving signing of The Lord's Prayer by Selene Rilatos, Samantha Lynch, and Jennifer Easter. Thanks, girls. Joy Cordova, what an awesome voice you have! You sang "Amazing grace" a cappella as if the guardian angels were guiding you. Thank you to Randy Austin, Jimmy Williams, and Jesse Cordova for the special drumming to help send Mom in her final resting, respectfully.

We would also like to thank Uncle Daniel for the beautiful Pendleton blankets you gave Pam and Paul along with the honorable eagle feathers for each of the children. A huge thank you to everyone who donated money in honor of our mother to the elders group. Mom would just be thrilled!

Thank you to Tribal Police Chief Norm Counts and Tribal Police Officer Kenneth Real for the memorable procession to Eureka Cemetery. I know Mom was looking down smiling at that. We would also like to thank Head Start staff Robin, Lori, Vella, Nancy, Tracey, and DeAnn for the very special library

Library in memory of "Grandma Madge." What a wonderful gift!

Thank you to all the family, employees, and friends who sent all the beautiful flowers, cards, and plants. A deep appreciation and gratitude to Wendi Schamp, Kelley Ellis, Elizabeth John, and Alison Noble for organizing and setting up the potluck! It was delicious.

We would like to thank David and Ryan Chamberlin and Stephanie Morrow for working so hard designing, perfecting, and adding the special touches to the wonderful posters and announcements. We would also like to thank St. Mary's Catholic Church for the delightful dinner they provided for us after the rosary service. Gladys Bolton, you have no idea how you have touched each and every one of us. Your kindness and heartfelt friendship showed through to the end. Thank you for being there for our mother. We love you!

Our mother was a wonderful lady who left an abundant amount of wonderful memories for many people. We had no idea just how many until the day of her passing. Thank you all! If we have left anyone out, it was not done intentionally. We were blessed to be touched by so many of you wonderful friends, family, and employees. We will miss our mother dearly! God Bless.

like to say **thank you** to everyone who celebrated with her at her 100th birthday party at Chinook Winds Casino on May 26, 2001. We also would like to say thank you to all of you who gave her all the special gifts and all the birthday wishes "for many more." She enjoyed all of the visiting and had a wonderful day being with family and friends!

We would like to send our sincere condolences to the family of Ronald Lee Smith (Mose). We are very sorry we didn't get to attend his funeral. He was a dear family friend from the early days in Siletz. We will miss him, but he will not be forgotten. "May God Bless."

Maude Lane and Gladys Bolton

Again we have lost one of our dear elders with the passing of Madge Mason. She was an integral part of our elders group, being vice chair for a number of years and also treasurer with myself for many years. She was very visible over the years at our elder functions, working the table at our baked food sales and selling raffle tickets at our pow-wows. She gave unselfishly of herself.

We were lifelong friends and she was very dear to me. I am so thankful that I was so privileged to have such a friend. She will be gone from sight, but in our hearts forever.

Sincerely, Gladys Bolton

by Nellie Carey
10 years old, fourth grade

*Fresh smelly fish
Cooking on the Q.
Bite a juicy apple
Sunshine up n blue.
See the children swimming
Or diving in the lake.
Watch the big trees sway
Then turn and walk away.*

Happy Belated Birthday to my favorite twins on June 26. You are 4 now. I love you both and miss you, Malik and Valentina.

Love, Danelle

Happy First Birthday to Sharon Knott on July 1.

Love, Danelle

Happy Birthday to my best friend, Jennifer Knott. I love you and I am so proud of you. Keep up the good work.

Love, your friend Danelle Smith

Happy Anniversary to Vanessa and Travis Steere (Williams). When's the little one gonna be here?! The tribe of cousins here wanna know.

Love, Chris, Chad, Ryan, Chaz, Doodz, and Baby Girl