



Good Reasons to Stop Smoking

Teen-agers

- Bad, nasty breath
- Stained and yellow teeth
- Cost
- Lack of independence – you are controlled by cigarettes
- Sore throats
- Cough
- Labored breathing (especially affects sports)
- Frequent respiratory infections

Pregnant Women

- Increased rate of spontaneous abortion and fetal death
- Increased risk of low birth weight
- Difficulty breathing
- Coughing
- Lack of energy
- High risk for baby to die from SIDS

Parents

- You're a role model for your children – you're teaching them to smoke
- Increased coughing and respiratory infections among children of smokers
- Children inhale second-hand smoke

New Smokers

- Easier to stop now
- There's no better time than right now to quit – it only becomes harder
- Avoid lifelong health risks
- Save your money

Long-term Smokers

- Decreased risk of heart disease and cancer if you stop

Family History of Heart Disease, Cancer, Etc.

- Risk of death increased even more by smoking

Asymptomatic

- Twice the risk of heart disease
- Six times the risk of emphysema

- Ten times the risk of lung cancer
- Lifespan shortened by eight years
- Cost of cigarettes (you're losing thousands of dollars every year)
- Cost of sick time
- Bad breath
- Wrinkles
- Less convenient and socially unacceptable
- Claudication
- Osteoporosis
- Esophagitis
- Gum disease

Any Smoker

- Money saved by stopping (thousands of dollars)
- You'll feel better
- Improved ability to exercise – easier to breathe
- May live long enough to enjoy retirement, grandchildren, etc.
- May be able to work more with less illness
- You'll look better
- You won't pollute the air
- You'll have independence and freedom from smoking

Symptomatic Adults

- Correlate current symptoms with:
- Upper respiratory infections, coughing
- Sore throats
- Can't breathe easily, short of breath
- Ulcers
- Angina

Get Support to Quit Smoking

One-on-one smoking cessation counseling classes are available at the Siletz Community Health Clinic. If you would like to quit, are thinking about quitting, or need support, contact the Tobacco Prevention and Education Program.

Adults and teen-agers are welcome. You can work on quitting when you're ready and at your own pace. Contact Shannon Chrisman at 1-800-648-0449 or 541-444-1030, ext. 661.



OCTOBER

Bingo Hot Line 1-888-CHINOOK						
Sun - Regular	Mon - Regular	Tue - Nevada	Wed - Regular	Thu - Nevada	Fri - Regular	Sat - Regular
	1 1 p.m. Matinee	2 1 p.m. Matinee 5:30 p.m. Evening	3 1 p.m. Matinee 5:30 p.m. Evening	4 1 p.m. Matinee	5 Closed	6 Closed
<i>Trip to Las Vegas will go on Oct. 21 Bingo World Championship 2001</i>		<i>Bingo Bonus Double Points Tuesday</i>		<i>Bingo Bonus Point Redemption Day</i>	Chuck Berry in Concert	
7 1 p.m. All U Can Play – \$20 Buy-In	8 1 p.m. Matinee	9 1 p.m. Matinee 5:30 p.m. Evening	10 <i>Free Square 1 p.m.</i> 1 p.m. Matinee 5:30 p.m. Evening	11 1 p.m. Matinee	12 1 p.m. Matinee 5:30 p.m. Evening	13 1 p.m. Matinee 5:30 p.m. Super Saver
<i>No Ted limits on any session!</i>		<i>Bingo Bonus Double Points Tuesday</i>		<i>Bingo Bonus Point Redemption Day</i>		
14 1 p.m. All U Can Play – \$20 Buy-In	15 1 p.m. Matinee	16 1 p.m. Matinee 5:30 p.m. Evening	17 1 p.m. Matinee 5:30 p.m. Evening	18 1 p.m. Matinee	19 Closed	20 Closed
		<i>Bingo Bonus Double Points Tuesday</i>		<i>Bingo Bonus Point Redemption Day</i>	Charley Pride in Concert	
21 <i>World Bingo Session \$30 Buy-In Vegas Trip worth \$2,698</i>	22 1 p.m. Matinee	23 1 p.m. Matinee 5:30 p.m. Evening	24 <i>Free Square 5:30 p.m.</i> 1 p.m. Matinee 5:30 p.m. Evening	25 1 p.m. Matinee	26 Closed	27 Closed
		<i>Bingo Bonus Double Points Tuesday</i>		<i>Bingo Bonus Point Redemption Day</i>	Festival of Glass Bingo Closed Oct. 26-28	
28 Closed	29 1 p.m. Matinee	30 1 p.m. Matinee 5:30 p.m. Evening	31 6 p.m. Special Session Only!	Happy Halloween! Regular Games Pay \$310 3 - \$1,300's Will Go! (As of 8/30/01)		
<i>Casino Diamond Cash Giveaway Oct. 28</i>		<i>5:30 p.m. Pull Tap Drawing</i>				

2001