



Students Can Go to the Capitol

CTSI's Tobacco Prevention & Education Program (TPEP) will host two visits to Oregon's Capitol.

Each is a daylong educational opportunity for youth age 12 to 19. These are prime opportunities to give the youth of our community hands-on experience with our state's legislative process.

We will travel from Siletz to Salem

and join other Oregon youth to meet with area representatives in March and then participate in a Kick Butts Day Rally for youth in April. Food and travel are provided.

For more information and to volunteer as a chaperone or sign up your youth, please call DeAnna Pearl, TPEP coordinator, at 541-444-9661 or 1-800-648-0449, ext. 661.

American Cancer Society and Tobacco Free Coalition of Oregon

Day at the Capitol
March 11, 2003



Kick Butts Day Rally
April 2, 2003

Discouraging Sale of Tobacco to Area Youth

The Tobacco Prevention & Education Program needs volunteers age 12 to 18 to participate in the **Reward and Reminder activity on March 15**. The purpose of this project is to encourage tobacco retailers to comply with the law that prohibits the sale of tobacco products to anyone under age 18.

Participants will never handle or purchase any tobacco products. Kids age 15 to 18 will ask to purchase a tobacco product such as cigarettes or spit tobacco. If the store clerk refuses to sell tobacco, the teen will give him/her a “congratulations” letter and a gift certificate (reward). If the clerk sells to a minor, he/she is given an “oops” letter (reminder) that reminds them of the current law and reminds the retailer of the fine of up to \$600 per offense.

During the activity, youth also will observe whether or not they were asked for ID proving their age, where stores place their tobacco products (i.e., behind the counter or in reach of kids), and if they have a lot of tobacco industry signs that market the products. Youth age 12 to 14 will identify tobacco ads on storefronts.

Participants will receive a \$5 Fred Meyer gift certificate as a thank you for help-ing in the fight against the abuse of commercial tobacco by Oregon youth.

For more information on volunteering or being a chaperone for the event, call DeAnna Pearl at 541-444-9661 or 1-800-648-0449, ext. 661.



CTSI Exercise Challenge 2003

No matter what kind of exercise you enjoy, join our springtime Exercise Challenge and challenge yourself to better fitness and health.

The Exercise Challenge will start on March 15 and run for 12 weeks, concluding on June 7.

Earn 1 point for each 30 minutes of exercise you complete. Strength training, walking, jogging, swimming, cycling, active sports, and any type of exercise machines are examples of eligible activities.

Drawings for special incentives will occur monthly.



A goal of at least 5 points of exercise – 150 minutes – per week is recommended* to improve health. If you've been inactive, you'll want to spread this time out throughout the day and gradually build up to 30 minutes at one time.

If you are an elder or have chronic health conditions, such as heart disease or diabetes, please check with your health care provider prior to beginning any new activities!

*In the Diabetes Prevention Program, 150 minutes of brisk walking per week, plus a 7 percent loss of body weight, reduced study participant risk of developing diabetes by 69 percent (compared with only 31 percent in a group receiving a diabetes medication!)

All service area Siletz Tribal members and their families, Siletz Community Health Clinic patients, and CTSI staff may participate. Information packets, including registration, are available at the Portland, Salem, and Eugene area offices and at the Siletz Community Health Clinic.

Sponsored through the Siletz Tribal Diabetes Grant and the Community Health Department

TPEP Presents Profiles on Quitting

Dr. Rick's Story

by Dr. Rick Letherer

I began smoking in college for familiar reasons that most begin: to experiment, to be cool, to look more adult. I began with a pipe and occasional cigar and advanced to inhaling cigarette smoke.

I smoked for approximately five years at nearly two packs of cigarettes per day. I had several experiences of waking up with a nicotine headache and bad morning mouth. This prompted me to quit several times and to cut down, which were all half-hearted attempts that failed.

During our engagement, my wife asked me to quit. The week before final exams, a very stressful time for a student, I quit. It was a wedding present.

The first two weeks were very hard. I knew that for me, “cutting down” was not going to work. This had to be cold turkey quitting.

I mostly missed the habit of having a smoke during familiar times: first thing in the morning with coffee, in the

car, after meals, and with most beverages. I never felt sick, but the cravings were intense. Gum and candy did not help. There were no patches or gum substitutes then.

I threw away all cigarettes, ashtrays, and any reminders of smoking, like lighters, pipe cleaners, and lighter fluid. I used different mugs to have my morning coffee. I cleaned the car ashtray. I sat in different chairs from the ones

where I used to smoke and changed my daily routine to keep me out of smoking “territory,” like student lounges.

There were times in the first months that I craved smoking, but I never resumed. Today, I am glad that after 26 years without smoking, my health is great and I have mastered an addiction.

TPEP note: If you would like to share your story, please contact the Tobacco Prevention & Education Program at 541-444-1030 or 1-800-648-0449. What you share can make a difference in some else's life. Thank you.