

Keeping Our Values Alive

by Appolonia Lane, 2003 Miss Native American Oregon

It's quite evident that we as Native American people need to keep our values alive and maintain good health. For myself, growing up as a member of the Confederated Tribes of Siletz Indians, I was taught the importance of respect, and I am not talking about table manners either!

Throughout my early childhood years, I was taught the importance of spirituality and the value of respecting my life just as much as respecting other people's lives. Even though we as Native people are brought up to remember our values, it's very clear that today we are forgetting one of the biggest values of our Native American culture – **respect**.

I cannot figure out why we as Native American people continue to harm our bodies and our spirituality by using alcohol and drugs. When I say "drugs," yes, that does include cigarettes. Cigarette use is one of the most deadly, overlooked, and ongoing problems that is prevalent among our Native American communities today.

Many of our people feel that it is our "right" to smoke cigarettes because of our traditions involving tobacco. What our people need to realize is that our tribal ancestors used tobacco for **ceremonial** purposes. They did **not** support the tobacco industry and partake in self-destruction.

I know that there are many upon many who are addicted and have tried to quit smoking, but they continue to fail. My thoughts on that are at least they are **trying** to quit, because this shows that they are putting in the effort.

To me, what is sad are those who smoke cigarettes and don't make the effort to change – and don't make the effort to smoke away from others. If a person cannot find a good enough reason to quit smoking or change their smoking habits, then I would have to ask that person if they value life, if they value their culture, and if they value a secure tribal future. If they answer yes to **any** of these questions, then that in itself should be enough reason for a person to want to change.

Just to clarify, I **do not** look down upon people who smoke. In fact, I know many great people and tribal leaders who smoke cigarettes. I am only trying to open up our eyes to a bigger picture.

We as Native American people need to value life the way we were brought up to – **the way our ancestors did**. By using commercial tobacco, we are not valuing our lives or other people's lives. I cannot emphasize enough how important it is for us to break free from our smoking addictions.

Did you know ...

- Native American people have the highest percentage of cigarette use out of any other ethnic group in the U.S.
- Native American **youth** also have the highest percentage of cigarette use out of any other ethnic group in the U.S.
- Native American people are twice as likely to die from smoking than from any other addiction or disease.
- Native American people have the highest risk of dying from smoking-related disease out of any other ethnic group.
- Native American people only make up 1 percent of the nation's population, yet more than one-third of our people choose to smoke cigarettes.
- Nearly all people who die from lung cancer, throat cancer, or emphysema are smokers.

I understand that everyone knows smoking is bad for our health, but what our people **need to realize** is that smoking also is a threat to our future as a tribe and our future as a Native American culture.

Currently, most of our tribes have secure governments and high-quality tribal programs established, but what will happen to all of our accomplishments and establishments if we as Native American people continue to destroy our health and our lives by using commercial tobacco?

Who will be here to continue our establishments to ensure our tribal well-being?

Adams Family Reunion

Oct. 16, 2004 – Siletz Tribal Community Center
Dinner served at noon

Contact Pete (Running Man) Downey for more information, 541-336-2938.

New Babies!



Amylia Florencia Torres

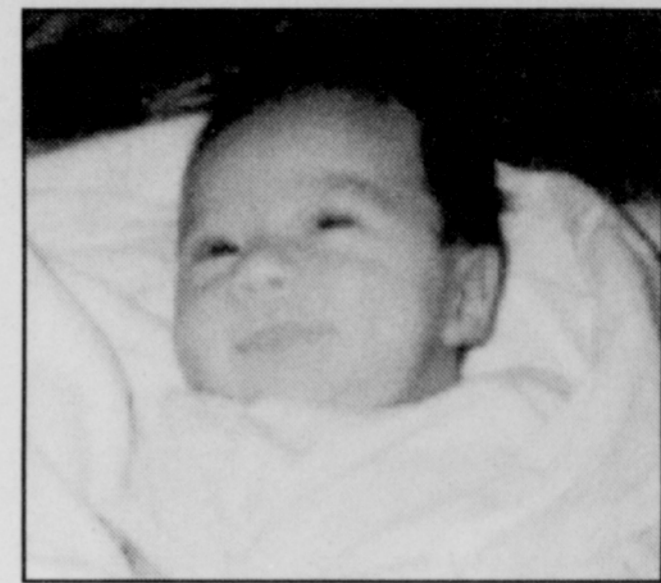
Amylia Florencia Torres was born at 5:37 p.m. on April 21, 2004, at Samaritan Pacific Communities Hospital in Newport, Ore. She weighed 8 pounds, 6 ounces, and was 20 inches long.

Amylia is the daughter of Jeanna and Gustavo Torres of Newport and joins a sister, Kaitlyn Harrington, 4. Grandparents are Gary and Kathryn Dick of Newport and Loreto and Florencia Trinidad of Morelo, Mexico. Great-grandparents are Eugene and Alice Werth of Springfield, Ore.

I am positive that someone who is sick and lying in a hospital bed because they are dying from lung cancer or emphysema is will **not** be able to help ensure our tribes' future.

Sadly, smoking-related deaths and sickness are more than just a "future problem." This is a problem we face right now. We need to go back to the way our people once were, when respect meant something more than a "please" and "thank you."

We as Native American people need to support our health and our values – **not the tobacco industry**. We can't afford it and neither can the future of our tribes.



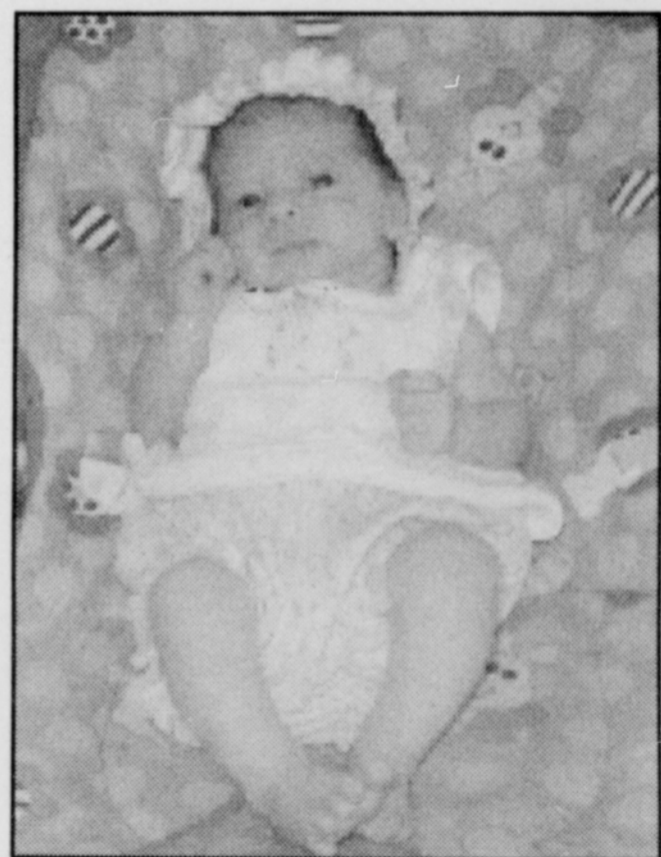
Sequoia Christopher DePoe Jr.

by Jennea Beaston, 1st cuz, Grama Char and Grama Marc

Sequoia Christopher DePoe Jr. was born to Stephanie Marquette and Sequoia DePoe on June 10, 2004, at 4:11 a.m. He was 7 pounds, 12 ounces, and 20 inches long.

The new addition to the Marcy Parker of the Neah Bay Makah Nation and Charlotte DePoe of the Siletz, the proud grandmothers of the new baby boy.

We love you, baby boy. A true warrior was born to us on this day.



Natani Naomi Lyth

Proud parents Mike and Vera Lyth would like to announce the birth of our baby girl, Natani Naomi Lyth. She was born June 19, 2004, in Salem, Ore.