



Run to the Rogue Quit Smoking Challenge

Sign Up to Quit Before Taking to the Road in September

The Run to the Rogue Quit Smoking Challenge is a five-month program to encourage smokers to quit and to participate in the Run to the Rogue on Sept. 8-10. Be able to run farther and longer while honoring your ancestors.

Monthly drawings will be held and a grand prize given away Sept. 7.

- American Indians have the highest rate of smokers
- In American Indians, asthma is growing fast.

- Secondhand smoke is the No. 1 trigger for asthma.
- The No. 1 prevention of asthma is smoke-free homes.

Honor yourself, your family, and your ancestors by quitting for health. To sign up, contact DeAnna Pearl, Tobacco Prevention and Education, at 541-444-9659 or 1-800-648-0449, ext. 1659.

For information and support, call the Oregon Quit Line at 1-877-270-7867.

Help Educate Students About Personal Finance

SALEM, Ore. – The rising cost of college is enough of a financial burden for today's students without additional debt. Large, unpaid credit card bills only push financial independence further into the future.

Oregon State Treasurer Randall Edwards recently partnered with The ABCs of Credit Card Finance to send out an essential guide that helps Oregon teachers educate students about credit cards.

"So much of life hinges on credit scores today – mortgages, car loans, insurance, even job applications," Edwards said. "It is imperative students learn how to budget and use credit cards to their advantage."

The treasurer's office recently sent more than 1,000 packets of the one-hour program to Oregon teachers. Edwards hopes that teachers across the state will take just 60 minutes to prepare students for decades of financial independence.

"Sadly, even as the importance of personal finance grows, the funding for personal finance in high schools has disappeared," Edwards said. "This 10-page primer on credit cards is an easy and use-

ful way for students to learn how to use credit cards more responsibly."

The Center for Student Credit Card Education, Inc., produces the course material.

April was designated as the national financial literacy month. The Office of the Treasurer also formalized a cooperative relationship with the Oregon chapter of JumpStart Coalition, a national non-profit aimed at giving people the lifelong skills for making sound decisions about budgeting, saving, and avoiding common financial mistakes.

Highlights of Edwards' Personal Finance Tour included an announcement in May about the kickoff of a statewide Financial Fitness Tour that centers on budgets, credit cards, saving for college, and avoiding financial fraud.

Administrators at middle schools and high schools who would like to be included in the tour can contact the Office of the Treasurer at 503-378-4329.

JumpStart Coalition can be found at www.jumpstart.org. The Center for Student Credit Card Education Inc. can be found at www.csce.com.



Phil Rilatos Sr. – 4/2/05-4/29/05

TC	Ind	Gmg	Tvl		
.5	.5	2		4/2	Review gaming docs, e-mail
.25	.25	1.75	2.5	4/4	COHO/DMA, Investment Comm.
2.25	2.25		2.5	4/7	Budget Comm.
		6	3	4/8	Gaming Board
1.5	1.5		2.5	4/9	Planning wkshp.
1.5	1.5	2		4/10	Gaming reports, packets, STBC docs
1.5	1.5			4/11	TC mtg. notebook, compact
1.75	1.75		2.5	4/14	STBC
7	7		4	4/15-16	Regular TC
3.5	3.5		2	4/18	Review ICW 477 contract/reports
2.5	2.5		2	4/19	TANF wkshp.
1.5	1.5			4/20	Review TC docs
.75	.75		2	4/21	Education plan mtg.
.75	.75		1	4/22	County commissioners
1.5	1.5	2		4/24	Review gaming, TC docs
2	2	2	2.5	4/29	COHO, joint mtg. w/GR, Investment Comm.

Council Approves Out-of-Area Health Benefits

The Tribal Council has approved the following plan for using the 2005 Out-of-Area Health Benefits.

To qualify, tribal members must be registered for health care with the Siletz Tribal Health Department and reside outside the tribe's 11-county service area. These funds are intended for tribal members who are not eligible for Contract Health Services.

One of the following benefits is available:

\$400 Vision	\$1,400 Hearing
\$1,200 Dental	\$1,000 Medical

Plus \$500 maximum pharmacy through Pequot Rx

Prior authorization by CHS is required and benefits must be used within 90 days. Any funds not used within 90 days will be returned to the pool for re-distribution. **An individual can only access benefits one time per year.**

When calling for pre-authorization, CHS will authorize for household members only. Authorization will not be granted for anyone not residing in your household. Voice mail messages do not hold funds; this must be a live contact.

Call CHS at 1-800-628-5720 or 541-444-1236, starting at 8 a.m. on July 1, 2005. If you are not already registered for health services, please call anytime to request an application.

Smokers Puts Pets at Risk

As reported on the CBS Evening News, April 21, 2005

Sounds unreal right? An adult chimpanzee is getting sicker and sicker from smoking cigarettes that are thrown into his habitat in a South African zoo. Pets are at the same risk in the homes of smokers, occasional smokers, and former smokers.

Fluffy and Rover smoking cigarettes? **No.** The danger is the accumulation of secondhand smoke, ash, and dust that holds up to 4,000 chemicals. This dust and ash land on furniture and floors.

"Exposure levels in cats continuously kept indoors may actually be higher than those of human household members, who



often spend extended periods of time outside their homes," reported in *Science Daily*. "Cats become exposed by inhaling the smoke or by digesting it when they groom themselves and lick particulate matter off their fur."

Further, "Cats living in households in which a pack or more of cigarettes was smoked per day had three times the increased risk compared with cats with no household exposure," says a study reported in the *American Journal of Epidemiology* (Aug. 1).

Dogs living in a smoking household have a 60 percent risk of getting lung cancer. Nicotine is a highly toxic chemical. Some pets may suffer the effects of nicotine poisoning when exposed to high concentrations.

Respiratory illnesses such as asthma, bronchitis, and a collapsing trachea are the most common possible causes of chronic cough in dogs. The constant irritation eventually causes the trachea to lose its round open shape. It begins to collapse, resulting in even more coughing and eventually death, according to author Marilyn Pokorney (March 5, 2005).

Good and Bad News on the Local Level

Good News! According to the Siletz Community Health Clinic, there has been a 40 percent reduction of secondhand smoke exposure to children and youth.

A survey of all patients using the clinic since 2003 shows a dramatic reduction of ETS exposure and climbing. This includes less exposure to indoor pets as well. We should celebrate the efforts of conscientious smokers and non-smoking family members who encourage people to smoke outside the home and car.

Bad News! A large number of smokers between ages 18 and 64 still are smoking, according to the SCHC survey. Adults who smoke are role-modeling unhealthy practices for young people to follow.

Much like the chimpanzee in the South African zoo, mimicking is the No. 1 way of learning. So if you believe "monkey see monkey do," you can make a difference in a child's and pet's life by quitting today.

Contact DeAnna Pearl, Tobacco Prevention and Education, at 1-800-648-0449, ext. 1659, or 541-444-9659 if you have any questions or need support in quitting.