



Second Annual Pickup a Butt Challenge: Youth River Cleanup

What do you do on an overcast day with nothing to do? You get in your shorts, life vests and tubes to float the river for garbage, tobacco-product packaging and cigarette butts!

The Second Annual Pickup a Butt Challenge was hosted by Residents Advocate Angela Martin, WEX worker Ardella Parr and TPEP Coordinator DeAnna Pearl.

Fact: Cigarette filters are made of cellulose acetate, **not cotton**, and are considered a non-biodegradable litter. Even after a cigarette has been smoked, it still has more than 4,000 chemicals that get into our water, soil and air. A cigarette butt, 1/3-inch long, can contain enough toxic chemicals and nicotine to poison a toddler.

"Think what this could do to the birds and fish who eat the butts thinking they are food," said DeAnna. "Garbage floats down the rivers and eventually out to sea and according to SOLV, approximately 40 percent of the

garbage picked up on the beaches is discarded tobacco-related products, most consist of cigarette butts."

What did we find? Several bottles, plastic cups, wrappers, oil containers and soda cans left by people sitting on the banks.

"I didn't know how much we would find after the community cleanup two weeks ago, but we found enough to make a good pile," stated DeAnna. "After last year's pounds of tobacco product garbage picked up off the streets of Siletz, it was heartening to see way less this year."

"It was fun," said Josh Rilatos after trudging up from the riverbank dragging his tube and trash. "More kids need to get out and help!"

Angela, who has worked diligently on programs for Siletz residential youth, was impressed by the boys' willingness to help out.

"I want to thank Josh and Lewis for coming out and braving the weather," she said. "They did a great job!"



Lewis Napoleon and Josh Rilatos – and the trash they collected

Relay Team Says Thanks

The CTSI Relay For Life Team would like to thank the Siletz Tribe, the Siletz Tribal Charitable Contribution Fund, the Diabetes Program, all team members, tribal employees, individuals who participated in the team's fund-raisers, and everyone who walked in the event.

We raised \$4,358.06 with all the generous contributions from Siletz

Tribal Programs, fund-raising, and individual donations.

The team should be proud of our accomplishment this year and look forward to even more success for the next Relay!

A special thanks to both team co-captains; your hard work and dedication are greatly appreciated by the whole team! Your efforts made this team and event a success!

Tooth Talk Puzzle

The following plants have a history of being used by tribal people for oral health care. Match up the common name with the scientific name and how the plant was utilized (*Native American Ethnobotany* by Daniel E. Moerman, 2006) Answers below.

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|--------------------------|---|
| 1. American Licorice | _____ Geranium Oreganum, Salish – sore lips |
| 2. Blacksamson Echinacea | _____ Glycyrrhiza Lepidota, Lakota and Sioux – toothache |
| 3. Buckwheat | _____ Gaultheria Shallon, Salish Coast – dried, winter food |
| 4. California Poppy | _____ Echinacea Agustifolia, Winnebago – roots chewed for a sore mouth |
| 5. Cowparsnip | _____ Thuja Plicata, Cowlitz – buds chewed for toothache |
| | Skokomish – buds used as a gargle |
| 6. Oregon Geranium | _____ Taxus Brevifolia, Tsimshian – plant used for cancer |
| 7. Salal | _____ Eriogonum, Mahuna – infusion used for mouth rinse for pyorrhea |
| 8. Pacific Yew | _____ Heracleum Maximum, Washo – raw root placed in cavity to ease pain |
| | Cree – root held on sore tooth |
| | Salish Coast – young stems eaten, raw or boiled |
| 9. Western Red Cedar | _____ Eschocholia Californiaca, Salish – leaf between lips for sore lips. |

(Answers: 6,1,7,2,9,8,3,5,4) A longer list of Native plants is in the display rack by the dental clinic.

Siletz Community Cancer Support Group



Time: 12:00-1:00 pm

Location: Siletz Library Community Room

Day: Third Tuesday of Month
Sept 18

Who: Community members are invited to attend whom are affected directly or indirectly with cancer. Cancer patients, survivors, family members, support people and care providers are encouraged to attend.

Contact: Sandra Hahn & DeAnna Pearl
Cancer Navigator Program
Siletz Community Health Clinic
(541) 444-9627 or (541) 444-9659