

10 ways smoking ruins your looks by damaging your skin, teeth and hair

Bags under your eyes

If you smoke, you're four times as likely as a nonsmoker to report feeling unrested after a night's sleep. Nightly nicotine withdrawal could cause you to toss and turn.

Psoriasis

If you smoke, your risk for scaly skin conditions increases. If you puff a pack day for 10 years or less, psoriasis risk goes up 20 percent, 11-20 years and your risk is 60 percent higher.

Icky teeth

It's the nicotine in cigarettes that can stain teeth.

Premature aging and wrinkles

Smoking accelerates aging, so smokers look 1.4 years older than nonsmokers,

on average. Smoking hampers the blood supply that keeps skin tissue looking supple and healthy.

Yellow fingers

The nicotine in cigarette smoke not only can make your teeth brown, but it also is notorious for staining your fingers and nails as well.

Thinner hair

Toxic chemicals in smoke can damage the DNA in hair follicles and generate cell-damaging free radicals as well. Smokers have thinner hair that tends to go gray sooner than nonsmokers' hair does.

Scarring

Nicotine causes vasoconstrictions, a narrowing of the blood vessels that can limit oxygen-rich blood flow to the tiny vessels in the face or other parts of the body.

Tooth loss

Smoking puts you at greater risk for all kinds of dental problems, including oral cancer and gum disease. Smokers are up to six times more likely than nonsmokers to develop gum disease, which can lead to tooth loss.

Natural glow is gone

Cigarette smoke contains carbon monoxide, which displaces the oxygen in your skin, and nicotine, which reduces blood flow and leaves skin dry and discolored. Cigarette smoking also depletes many nutrients, including vitamin C, which helps protect skin and repair damage.

Skin cancer

Smoking is a leading cause of cancer, including lung, throat, mouth and esophageal. It also increases your risk of skin cancer. Smokers are three times more likely to develop squamous cell carcinoma, the second most common type of skin cancer.

Tasha Mason
Tobacco Prevention
541-444-9659/800-648-0449, ext. 1659
tasham@ctis.nsn.us

Oregon Quit Line
800-QUIT-NOW

The People Are Dancing Again: The History of the Siletz Tribe of Western Oregon

Book events for Charles Wilkinson and members of the Siletz Tribal Council
Open to the Public

Organization	Date	Location
Nye Beach Writers on the Edge Group	March 5	Newport, Ore.
Oregon State University Spring Creek Project	March 31	Corvallis, Ore.
University of Wyoming	April 14	Laramie, Wyo.
Michigan State University	April 18	Michigan
UCLA	TBA	California
National Museum of the American Indian	TBA	Washington, D.C.
University of Oregon	TBA	Eugene, Ore.

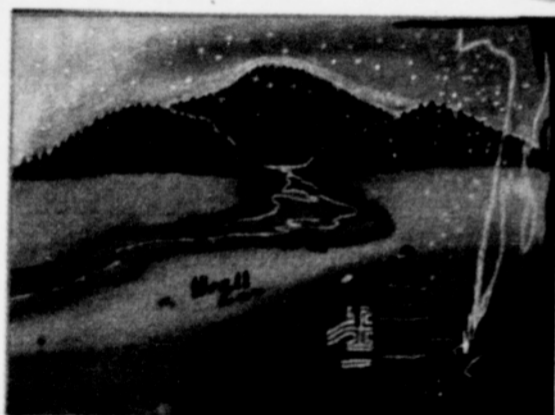
How to use mail order pharmacy

How to order your refills after hours and on weekends: Please call 7-10 days before you need your refills. This allows us time to contact your provider, if necessary, and for mailing.

- Call 800-648-0449
- Enter 1624 as soon as the clinic's message begins – you'll be transferred to the refill line.

Or, call the refill line direct – 541-444-9624.

TRADING AT THE RIVER



Artist Credit: Amanda Wright (Klamath-Modoc-Yahooskin)
Trading at the River, Acrylic on Canvas, 9"x12" (November 2010)

A Gathering of Native American Businesses & Tribal Enterprises

DATE: April 20-21, 2011
LOCATION: Spirit Mountain Casino
Grand Ronde, OR

"Circling Back and Going Forward
Celebrating 20 years of
Indianpreneurship®"

2011 marks the 9th year of Trading at the River. This is one is very special. We will gather on the banks of the Yamhill River at Grand Ronde, Oregon where ONABEN was born two decades ago.

We have much to celebrate about our past and much to talk about for our future. Like the historic gatherings that occurred here and in many places among the traders of this region, Trading at the River is a place where connections are made, business-to-business, tribe-to-tribe, and from past to present.

The 9th annual Trading at the River conference will include:

- An intensive **Business Development Conference** with community discussions, workshops, symposiums, and celebrations.
- A **Trading at the River marketplace** of ideas, products, and services - the famous traditional gathering of Indianpreneurs.
- A **gathering of emerging and established Native CDFI's** convened by the newly established Pacific Northwest Native Capital Development Peer Group which will explore ways of generating new forms of capital to support Native entrepreneurship and tribal-individual joint ventures.
- The kick off for **Innovations in Indianpreneurship® 2012** - a biennial business plan competition and business showcase.
- A **Founders recognition luncheon** that will highlight the last 20 years of tribal economic development.
- A **Business Alliance reception** gathering the region's Native businesses and chambers of commerce.

Featured Speakers:
TRACY STANHOFF
President & Creative Director, AD PRO
Former Tribal Chair, Prairie Band Potawatomi Nation
President, American Indian Chamber of Commerce of CA

CLARA PRATTE (invited)
National Director, Office of Native American Affairs
US Small Business Administration

www.onaben.org
Celebrating 20 years of Indianpreneurship®

Legal Notice

Important information about the \$3.4 billion Indian Trust Settlement

For current or former IIM account holders,
Owners of land held in trust or restricted status, or their heirs

There is a proposed Settlement in *Cobell v. Salazar*, a class action lawsuit about individual Indian land held in trust by the federal government. This notice is just a summary. For details, call the toll-free number or visit the website listed below.

The lawsuit claims that the federal government violated its duties by (a) mismanaging trust funds/assets, (b) improperly accounting for those funds, and (c) mismanaging trust land/assets. The trust funds include money collected from farming and grazing leases, timber sales, mining, and oil and gas production from land owned by American Indians/Alaska Natives.

If you are included in the Settlement, your rights will be affected. To object to the Settlement, to comment on it, or to exclude yourself, you should get a detailed notice at www.IndianTrust.com or by calling 1-800-961-6109.

Can I get money?

There are two groups or "Classes" in the Settlement eligible for payment. Each Class includes individual IIM account holders or owners of land held in trust or restricted status who were alive on September 30, 2009.

Historical Accounting Class Members

- Had an open individual Indian Money account ("IIM") anytime between October 25, 1994 and September 30, 2009, and
- The account had at least one cash transaction.
- Includes estates of account holders who died as of September 30, 2009, if the IIM account was still open on that date.

Trust Administration Class Members

- Had an IIM account recorded in currently available data in federal government systems any time from approximately 1985 to September 30, 2009, or
- Owned trust land or land in restricted status as of September 30, 2009.
- Includes estates of landowners who died as of September 30, 2009 where the trust interests were in probate as of that date. This means you have asked a court to transfer ownership of the deceased landowner's property.

An individual may be included in one or both Classes.

What does the Settlement provide?

- A \$1.5 billion fund to pay those included in the Classes.
- A \$1.9 billion fund to buy small interests in trust or restricted land owned by many people.
- Up to \$60 million to fund scholarships to improve access to higher education for Indian youth.
- A government commitment to reform the Indian trust management and accounting system.

How much can I get?

- Historical Accounting Class Members will each get \$1,000.
- Trust Administration Class Members will get at least \$500.
- If you own a small parcel of land with many other people, the federal government may ask you to sell it. You will be offered fair market value. If you sell your land it will be returned to tribal control.

If you believe you are a member of either Class and are not receiving IIM account statements, you will need to call the toll-free number or visit the website to register.

What are my other rights?

- If you wish to keep your right to sue the federal government about the claims in this Settlement, you must exclude yourself by **April 20, 2011**.
- If you stay in the Settlement you can object to or comment on it by **April 20, 2011**. The detailed notice explains how to exclude yourself or object/comment.

The U.S. District Court for the District of Columbia will hold a hearing on June 20, 2011, to consider whether to approve the Settlement. It will also consider a request for attorneys' fees, costs, and expenses in the amount of \$99.9 million. However, Class Counsel has fee agreements that would pay them 14.75% of the funds created for the Classes, which could result in an award of \$223 million. The Court may award more or less than these amounts based on controlling law. If approved, these payments and related costs will come out of the Settlement funds available for payment to Class Members.

If you wish, you or your own lawyer may ask to appear and speak at the hearing at your own cost. For more information, call or go to the website shown below or write to Indian Trust Settlement, P.O. Box 9577, Dublin, OH 43017-4877.

For more information:

1-800-961-6109

www.IndianTrust.com