



Kitti Kay Kavanaugh

Kitti Kay Kavanaugh – 1958-2011

Kitti Kay Kavanaugh, 52, of Siletz, Ore., died of natural causes on March 19, 2011, at her home.

She was born Nov. 19, 1958, in Toledo, Ore. Her parents were Don and Lucille (Howerton) Kavanaugh and Richard Hostler.

She graduated from Toledo High School and became a certified dental assistant. She spent her life enjoying her passions of hunting, riding her Harley, gardening, raising her children and grandson.

She took great pride in being the director of the Siletz Tribe's USDA Food

Program, helping any members the best she could. She held this position for more than 10 years. She prepared and baked salmon for several Tribal functions over the traditional salmon pit.

She was a member of the Rocky Mountain Elk Foundation and a member of the Confederated Tribes of Siletz Indians.

She was preceded in death by her parents, Don and Lucille Kavanaugh and Richard Hostler; and niece, Lacey Smith.

She is survived by her fiancé, Ronnie VanSpeybrock of Albany, Ore.; her

children, Natasha Kavanaugh of Siletz, Elton Hostler of Siletz, Shantel Hostler of Hawaii and Fred Hostler of Hawaii; sisters, Clara Smith of Toledo, Dorothy Lettenmair of Toledo, Donna Kavanaugh of Newport and Ann Hostler of Toledo; grandchild, Braxton Kavanaugh of Siletz; and nine nieces and nephews.

A celebration of life was held March 25 at the Siletz Tribal Community Center in Siletz, followed by a potluck reception.

Affordable Burial and Cremation handled arrangements.

13 best tips to quit smoking – Ideas to help you reach your goal to quit

1. Know why you want to quit. To get motivated, you need a powerful, personal reason to quit. Choose a reason that is strong enough to outweigh the urge to light up.
2. Don't go cold turkey. It may be tempting to toss your cigarettes and declare you've quit, plain and simple. But going cold turkey isn't easy to do. Nicotine is addictive; the brain becomes used to having nicotine and craves it.
3. Try nicotine replacement therapy. When you stop smoking, nicotine withdrawal may make you feel frustrated, depressed, restless or irritable. Studies suggest nicotine gum, lozenges and patches can help double your chances of quitting successfully.
4. Ask about prescription pills. To ease nicotine withdrawal without using products that contain nicotine, ask your doctor about prescription medication. There are pills that help reduce cravings by affecting chemicals in the brain.
5. Don't do it alone. Tell your friends, family and co-workers that you're trying to quit. Their encouragement could make the difference.
6. Manage stress. One reason people smoke is that nicotine helps them relax. Once you quit, you'll need another way to cope with stress. Avoid stressful situations during the first weeks after you stop smoking.
7. Avoid alcohol and other triggers. Certain activities may boost your urge to smoke. Alcohol is one of the most common triggers, coffee is another one. If you usually smoke after meals, find something else to do instead, like chewing gum.
8. Clean house. Once you've smoked your last cigarette, toss all of your ashtrays and lighters. Wash any clothes that smell like smoke and clean your carpets. You don't want to see or smell anything that reminds you of smoking.
9. Try and try again. It's very common to relapse. Many smokers try several times before giving up cigarettes for good.
10. Get moving. Physical activity can help reduce nicotine cravings and ease some withdrawal symptoms. When you want to reach for a cigarette, go for a walk or mild exercise.
11. Eat fruits and veggies. Don't try to diet while giving up cigarettes. Too much deprivation is bound to backfire. Focus on fruits and veggies.
12. Choose your reward. In addition to the tremendous health benefits, one of the perks of giving up cigarettes is all the money you will save. Reward yourself by spending part of it on something fun.
13. Do it for your health. Smoking cessation has immediate health benefits. It lowers your blood pressure and reduces your pulse after only 20 minutes. Within a day, carbon monoxide levels in your blood return to normal. Within two weeks to three months, your risk of heart attack decreases and your lungs begin to function better.

From www.webmd.com

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Oregon Quit Line
800-QUIT-NOW
www.oregonquitline.org

Pharmacy Hours
Siletz Community Health Clinic

Monday – Thursday:
8:30 a.m. to 5 p.m.
Friday: 10 a.m. to 5 p.m.
Closed for lunch: 12:30-1 p.m.

Siletz Veterans Office Open Daily – Tony Molina is available for all Siletz Tribal veterans. He is in the Tribal administration building in Siletz on Monday- Friday to help you get information for your VA benefits. Additionally, he needs your help to update our veterans' roster, especially for those who are currently serving. Call Tony at 541-444-8330 or 800-922-1399, ext. 1330.



Scouts conduct flag-raising event

Lakeview Senior Living in Lincoln City, Ore., held its new American flag-raising ceremony on Feb. 12, conducted by Scout Troop 47. Residents, family and their guests attended the ceremony.

We thank the Newport Elks for property disposing of the old flag and Katie and Noah for organizing this event with the Boy Scouts.

Lakeview Senior Living offers activities to the public such as bingo and holiday parties, and if you call ahead, you can get a delicious meal for only \$5.

For more information, please call Cynthia Farlow at 541-994-7400.

Courtesy photo from Cynthia Farlow

Those who helped with the flag-raising event include Vinnie, Katie, Noah, Zack and Chelston; Lifestyle Director Cynthia Farlow; and Tony Molina, veterans coordinator for the Confederated Tribes of Siletz Indians and president of the Vietnam Veterans of America #411.