



Courtesy photo

Marcella Hull (second from right) and Glenda Washington, Rachel Hull and Lil Hicks hike the Columbia Gorge near Welches, Ore., in the Mt. Hood National Forest. They also visited the Rainbow Trout Farm near Sandy, Ore.



Courtesy photos

Maggie McAfee, Alicia Keene and Fawn Metcalf, before (above) and after The Dirty Dash



Thanks for support!

Thank you to everyone who helped contribute to the Residents Organization for The Dirty Dash fundraiser. We had a lot of fun and even ran into a few fellow CTSI employees who were also out there getting dirty.

The total dash was three miles and

had 20 obstacles. Just to name a few of the obstacles – mud pits, hay bale walls, monkey bars, fences, a wall climb, etc.

Minus all the cuts and bruises, it was a blast. And once you were covered in mud, the heat wasn't bad at all either.

Once again, thank you!

Alicia Keene

Higher cost of tobacco products, cigarettes increases quit attempts

From the Centers for Disease Control and Prevention

The largest federal tobacco tax increase in history took effect on April 1, 2009 – a move that was expected to prompt 1 million smokers to quit and prevent 2 million young people from ever starting.

The 62-cent increase raised federal excise taxes on cigarettes to \$1.01 per pack, up from 39 cents. The tax increase, which funds the State Children's Health Insurance Program (SCHIP) for lower-income children, covers cigarettes, smokeless tobacco and cigars.

Research has proven that raising cigarette prices, through excise taxes or other methods, increases the quit rate among adult smokers and is especially effective in discouraging children and young people from ever starting to smoke.

Quitting smoking has immediate as well as long-term health benefits, includ-

ing reducing risks for smoking-related diseases such as cancer, heart disease, stroke and some respiratory illnesses.

For support in quitting, including free confidential coaching, educational materials and referrals to local resources, call 800-QUIT-NOW (800-784-8669) or visit quitnow.net/Oregon or smokefree.gov.

For more information about the Siletz Tribe, please visit ctsi.nsn.us.

Natural Resources, Health, Education and Enrollment Committee Vacancies

Deadline for consideration is Aug. 14, 2013

Any Tribal member interested in serving on the committees listed below must fill out this form and return it to the address below prior to the end of business on Aug. 14, 2013.

Please mail or fax your application to Confederated Tribes of Siletz Indians, Attn: Executive Secretary to Tribal Council, P.O. Box 549, Siletz, OR 97380-0549; fax: 541-444-8325.

Name: _____ Roll No.: _____

Address: _____

City: _____ State: _____ ZIP Code: _____

Telephone: Day () _____ Evening () _____

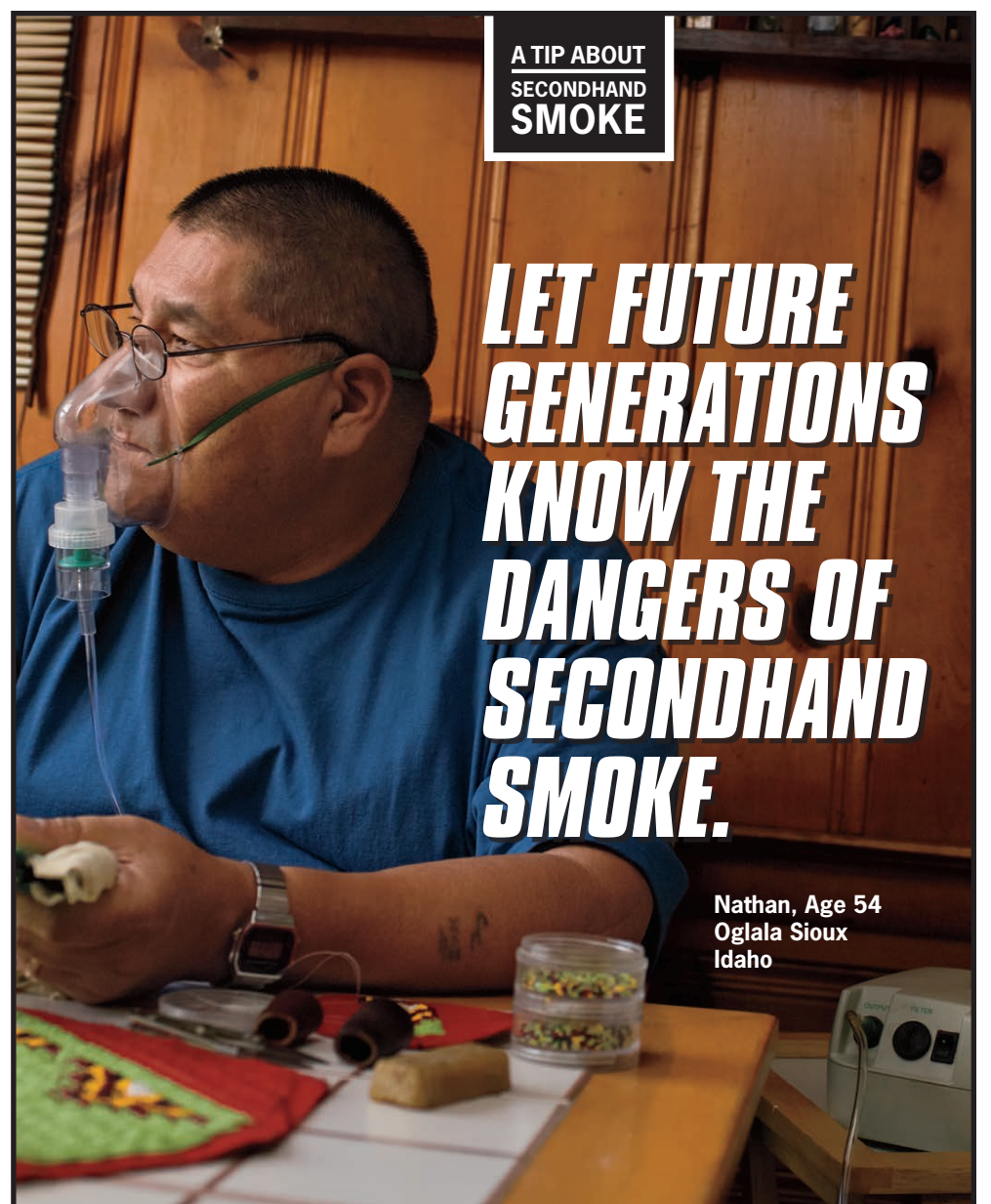
Please indicate your committee preference numerically, i.e., 1 for first preference, 2 for second preference and 3 for third preference. If the preference is only for one committee, please indicate by marking only the committee of interest.

____ Natural Resources Committee (1) ____ Enrollment Committee (1)

____ Education Committee (1) ____ Health Committee (1)

Tribal Council will approve appointments at the Regular Tribal Council meeting on Aug. 16, 2013.

If you have any questions, please contact Tami Miner, Tribal Council executive secretary, at 800-922-1399, ext. 1203, or 541-444-8203.



A TIP ABOUT
SECONDHAND
SMOKE

LET FUTURE
GENERATIONS
KNOW THE
DANGERS OF
SECONDHAND
SMOKE.

Nathan, Age 54
Oglala Sioux
Idaho

Secondhand smoke at work triggered Nathan's severe asthma attacks and caused infections and lung damage. If you or someone you know wants free help to quit smoking, call 1-800-QUIT-NOW.

#CDCTips



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention
www.cdc.gov/tips