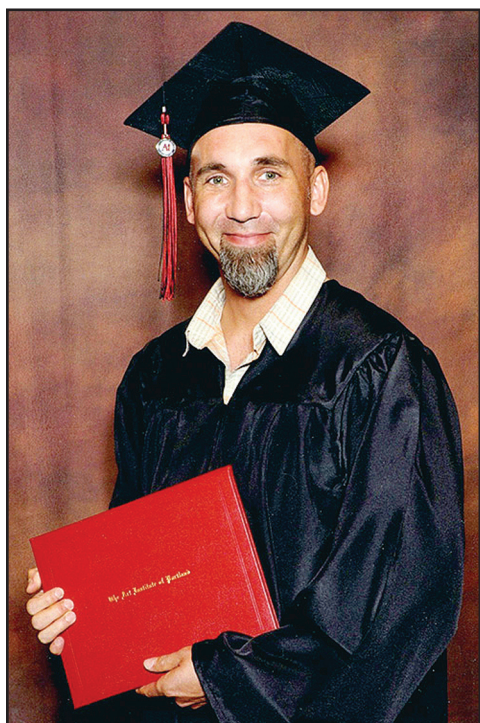


## Graduates!



### Brian Stilwell

Congratulations to Brian Stilwell, a graduate of The Art Institute of Portland with a bachelor's in media arts and animation. The Portland Area Office would like to congratulate Brian on a job well done.

For more information about the Siletz Tribe, please visit [ctsi.nsn.us](http://ctsi.nsn.us).

## Babies!



### Keelie Williams

Jimmy and Jessie are delighted to announce the arrival of Keelie Colusa Williams, born Nov. 8, 2013, at 1:23 p.m.

She weighed 7 pounds, 7 ounces and was 19 inches long

Congrats to Jimmy, Jessie and big sister Malia!

## USDA distribution dates for January

### Siletz

Monday	Jan. 6	9 a.m. – 3 p.m.
Tuesday	Jan. 7	9 a.m. – 3 p.m.
Wednesday	Jan. 8	9 a.m. – 3 p.m.
Thursday	Jan. 9	9 a.m. – 3 p.m.
Friday	Jan. 10	9 a.m. – 3 p.m.

### Salem

Monday	Jan. 20	Holiday
Tuesday	Jan. 21	2 – 6:30 p.m.
Wednesday	Jan. 22	9 a.m. – 6:30 p.m.
Thursday	Jan. 23	9 a.m. – 4 p.m.
Friday	Jan. 24	9 – 11 a.m.

### Beef Stroganoff

- 2 pounds beef roast
- 1 onion minced
- 1 box cream of mushroom soup
- 1 pound fresh mushrooms
- Can beef broth
- 1 16-ounce container sour cream
- Salt and pepper (to taste)
- 1 1-pound bag whole grain rotini pasta

Prepare the beef roast in a crock pot, set on low with salt and pepper. Cook on low setting overnight.

Cut the roast into cubes and return it to the crock pot. Add the cream of mushroom soup.

In a medium-high skillet, melt a tablespoon of butter. Add the minced onion and

sauté until almost transparent. Add the fresh mushrooms and sauté lightly until heated through. Add the can of beef broth and bring to a boil. Thicken this mixture as if for gravy. When this has simmered for a couple of minutes, pour it into the meat mixture in the crock pot. Add the sour cream, salt and pepper to taste.

You can pour this mixture over noodles, rice or potatoes.

Joyce Retherford  
FDP Director  
541-444-8393

Lisa Paul  
FDP Warehouseman/Clerk  
541-444-8279

### General Council Meeting

Feb. 1, 2014 • 1 p.m.

Siletz Tribal Community Center

Siletz, Oregon

Call to Order

Invocation

Flag Salute

Roll Call

Approval of Agenda

Approval of Minutes

Siletz Tribal Arts & Heritage Society

Programs:

Natural Resources

Tribal Members' Concerns

Chairman's Report

Announcements

Adjourn

## Facts about different forms of smoking and their dangers to your health

From the Centers for Disease Control and Prevention

### 1. What are the health effects of smoking kreteks (clove cigarettes)?

Kreteks (pronounced kree-techs) are cigarettes imported from Indonesia that contain tobacco, cloves and other additives. Kreteks are sometimes called "clove cigarettes." Kreteks deliver more nicotine, carbon monoxide and tar than conventional cigarettes.

Although no studies on the long-term health effects of kreteks have been conducted in the United States, research in Indonesia shows that regular kretek smokers have 13 to 20 times the risk for abnormal lung function compared with nonsmokers.

#### Resources

Title: *Bidis and Kreteks*. Source: CDC – [cdc.gov/tobacco/data\\_statistics/fact\\_sheets/tobacco\\_industry/bidis\\_kreteks/index.htm](http://cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/bidis_kreteks/index.htm)

Title: *NIDA Research Report Series: Tobacco Addiction*. Source: National Institute on Drug Abuse – [drugabuse.gov/researchreports/nicotine/nicotine.html](http://drugabuse.gov/researchreports/nicotine/nicotine.html)

American Cancer Society website: *Questions about Smoking, Tobacco and Health* – [cancer.org/docroot/PED/content/PED\\_10\\_2x\\_Questions\\_About\\_Smoking\\_Tobacco\\_and\\_Health.asp](http://cancer.org/docroot/PED/content/PED_10_2x_Questions_About_Smoking_Tobacco_and_Health.asp)

### 2. What are the health effects of smoking bidis?

Bidis (bee-dees) are small, thin hand-rolled cigarettes imported primarily from India and other Southeast Asian countries.

These cigarettes can be flavored (e.g., chocolate, cherry and mango) or unflavored. They have higher concentrations of nicotine, tar and carbon monoxide than conventional cigarettes sold in the United States.

No research studies on the health effects of bidis have been conducted in the United States. However, research studies from India indicate that bidi smoking increases the risk for cancers of the mouth, lung, stomach and esophagus. These studies also show that bidi smoking is associated with a high risk for coronary heart disease and heart attack and an even higher risk for chronic bronchitis.

#### Resources

Title: *Bidis and Kreteks*. Source: CDC – [cdc.gov/tobacco/data\\_statistics/fact\\_sheets/tobacco\\_industry/bidis\\_kreteks/index.htm](http://cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/bidis_kreteks/index.htm)

### 3. What are the health effects of smoking cigars?

People who smoke cigars, particularly those who inhale, are at increased risk for respiratory problems, including emphysema and chronic bronchitis. Cigar smoking also increases the risk of death from several types of cancer, including cancers of the lung, lip, tongue, mouth, throat, esophagus (the tube connecting the mouth to the stomach) and larynx (voice box).

As with cigarettes, people exposed to secondhand smoke from cigars also are at risk for adverse health effects. Cigar smoke generally contains the same

chemicals found in cigarette smoke, but in higher concentrations.

#### Resources

Title: *Cigars*. Source: CDC – [cdc.gov/tobacco/data\\_statistics/fact\\_sheets/tobacco\\_industry/cigars/index.htm](http://cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/cigars/index.htm)

Title: *Questions and Answers about Cigar Smoking and Cancer*. Source: National Cancer Institute – [cancer.gov/cancertopics/factsheet/Tobacco/cigars](http://cancer.gov/cancertopics/factsheet/Tobacco/cigars)

American Cancer Society website: *Cigar Smoking* – [cancer.org/docroot/PED/content/PED\\_10\\_2X\\_Cigar\\_Smoking.asp?sitearea=PED](http://cancer.org/docroot/PED/content/PED_10_2X_Cigar_Smoking.asp?sitearea=PED)

### 4. What ingredients are found in cigars?

Like cigarettes and smokeless tobacco, cigars contain nicotine, an addictive drug found naturally in tobacco. If a cigar smoker inhales, the nicotine is absorbed rapidly in the lungs. If a cigar smoker does not inhale, the nicotine is absorbed more slowly through the mucous membranes in the mouth.

Unlike cigarettes and smokeless tobacco products, cigars typically do not have additives included as flavoring agents. However, in addition to nicotine, cigars contain compounds found in all processed tobacco. Some of these compounds are found in the green tobacco leaf; others are formed when the tobacco is cured, fermented or smoked. For example, cigar tobacco has a high concentration of nitrogen compounds. During fermentation and smoking, these compounds give off several tobacco-specific nitrosamines

(TSNAs), which are potent cancer-causing agents. In fact, TSNA levels found in cigar smoke are much higher than those found in cigarette smoke.

Additionally, smoke from a cigar contains many of the same toxins found in environmental tobacco smoke (secondhand smoke) from cigarettes. These elements include ammonia, carbon monoxide, benzene and hydrogen cyanide.

#### Resources

Title: *Cigars* (fact sheet). Source: CDC – [cdc.gov/tobacco/data\\_statistics/fact\\_sheets/tobacco\\_industry/cigars/index.htm](http://cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/cigars/index.htm)

Title: *NIDA Research Report Series: Tobacco Addiction*. Source: National Institute on Drug Abuse – [drugabuse.gov/researchreports/nicotine/nicotine.html](http://drugabuse.gov/researchreports/nicotine/nicotine.html)

Title: *Smoking and Tobacco Control Monograph 9 – Cigars: Health Effects and Trends*. Source: National Cancer Institute – [cancercontrol.cancer.gov/tcrb/monographs/9/index.html](http://cancercontrol.cancer.gov/tcrb/monographs/9/index.html)

American Cancer Society website: *Cigar Smoking* – [cancer.org/docroot/PED/content/PED\\_10\\_2X\\_Cigar\\_Smoking.asp?sitearea=PED](http://cancer.org/docroot/PED/content/PED_10_2X_Cigar_Smoking.asp?sitearea=PED)

### 5. What ingredients are found in cigarettes?

Nicotine is an addictive drug found naturally in tobacco. Other chemicals in tobacco plants may come from fertilizers or insecticides used in the growing process or from contaminants in air, soil or water. Some chemicals are added when tobacco is cured; others are added in the manufacturing process.