

Children and secondhand smoke exposure

From the Centers for Disease Control and Prevention

- The home is the place where children are most exposed to secondhand smoke and it's a major place for secondhand smoke exposure for adults.^{1,3}
- Children who live in homes where smoking is allowed have higher levels of cotinine (a biological marker of secondhand smoke exposure) than children who live in homes where smoking is not allowed.³
- Although secondhand smoke exposure among children has fallen over the past 15 years, children are still more heavily exposed to secondhand smoke than adults.^{3,4}
- About two in five U.S. children age 3-11 (40.6 percent) are exposed to secondhand smoke.⁴
- In the U.S., the percentage of children and teens living with at least one smoker is about three times the percentage of nonsmoking adults who live with a smoker.³



Making your home and vehicles smoke-free can reduce secondhand smoke exposure among children and non-smoking adults.^{1,2,3,4} Some studies indicate that these rules also can help smokers quit and can reduce adolescents' risk of becoming smokers.⁵

Health effects of smoking and secondhand smoke on children

- Because their bodies are developing, infants and young children are especially vulnerable to the poisons in secondhand smoke.¹
- Both babies whose mothers smoke while pregnant and babies who are exposed to secondhand smoke after birth are more likely to die from sudden infant death syndrome (SIDS) than babies who are not exposed to cigarette smoke.^{1,2}
- Mothers who are exposed to secondhand smoke while pregnant are more likely to have lower birth weight babies, which makes babies weaker and increases the risk for many health problems.¹
- Babies whose mothers smoke while pregnant or who are exposed to secondhand smoke after birth have weaker lungs than other babies, which increases the risk for many health problems.^{1,2}
- Secondhand smoke exposure causes acute lower respiratory infections such as bronchitis and pneumonia in infants and young children.^{1,2}



- Secondhand smoke exposure causes children who already have asthma to experience more frequent and severe attacks.^{1,2}

- Secondhand smoke exposure causes respiratory symptoms, including cough, phlegm, wheezing, and breathlessness, among school-age children.^{1,2}
- Children exposed to secondhand smoke are at increased risk for ear infections and are more likely to need an operation to insert ear tubes for drainage.^{1,2}

1. U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General: Secondhand Smoke: What It Means To You* (cdc.gov/tobacco/data_statistics/sgr/2006/consumer_summary/index.htm). Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006 [accessed 2015 Feb 6].
2. U.S. Department of Health and Human Services. *A Report of the Surgeon General: How Tobacco Smoke Causes Disease: What It Means to You* (cdc.gov/tobacco/data_statistics/sgr/2010/consumer_booklet/index.htm). Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010 [accessed 2015 Feb 6].
3. Centers for Disease Control and Prevention. *Vital Signs: Nonsmokers' Exposure to Secondhand Smoke - United States, 1999-2008*. Morbidity and Mortality Weekly Report 2010; 59(35):1141-6 [accessed 2015 Feb 6].
4. Centers for Disease Control and Prevention. *Vital Signs: Disparities in Nonsmokers' Exposure to Secondhand Smoke - United States, 1999-2012*. Morbidity and Mortality Weekly Report 2015; 64(4):103-8 [accessed 2015 Feb 6].
5. U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006 [accessed 2015 Feb 6].



Adrienne Crookes, Champion

I wish to honor a champion who has been instrumental in advocating for the health of the community and Siletz Tribe.

Adrienne Crookes used community-friendly smoke-free signs to provide healthy environments for people who are at risk when exposed to secondhand smoke, such as infants, children, Elders and people with COPD and heart disease.

Her efforts make the community feel welcome while ensuring the health of attendees.

She has provided helpful and insightful guidance for healthy events.

With honor and respect,
Patti McKinney
TPEP Coordinator

Secret Garden Tour to raise money for Newport's Samaritan House shelter

The 12th annual Secret Garden Tour, sponsored by the Samaritan House Homeless Family Shelter in Newport, Ore., is set for June 28 from 12-5 p.m.

Tickets are \$25 and include visits to the gardens plus light snacks and wine. Participants are encouraged to bring their own water.

Tour participants will go on a self-guided adventure to several gardens in Makai and Waldport on the Central Oregon Coast.

This year's gardens include one with a unique view of Alsea Bay and bridge as well as a lovely terraced rose garden. Other gardens highlight unusual features like a fire pit sitting area, a greenhouse with carnivorous pitcher plants and spectacular garden art.

This special event provides an opportunity to see lovely gardens that normally

are enjoyed only by the owners and their friends and family. From the casual weekend gardener to the serious hobbyist, all gardeners can be inspired by what they see.

The money raised from this event benefits the Samaritan House Homeless Family Shelter, the only homeless family shelter between Tillamook and Coos Bay. Its mission is to shelter, educate and guide homeless families with children toward independent living.

Tickets are available at Bear Valley Nursery and Landscaping in Lincoln City, JC Thriftway Market in Newport, Toledo Feed and Seed, in Florence at Laurel Bay Gardens and at the Samaritan House office, 715 NW Bay St. in Newport. Tickets also are available online at brownpapertickets.com.


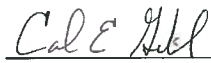
For more information, visit samfamshelter.org or call 541-574-8898.

Openings for Siletz Tribal Court Judges

An announcement accepting applications for the judges' positions in the Siletz Tribal Court is available for those interested in applying.

All judge positions are coming to term end on June 30, 2015, so recruitment for the positions of chief judge, associate judges and appellate judges for the Tribe's District Court, Gaming Court and Community Court will occur.

Applications are available on the Tribal website (ctsi.nsn.us) in the Employment section or by contacting the Tribe's Human Resources Department at 541-444-2532 or 800-922-1399.

	TRIBAL COURT OF THE CONFEDERATED TRIBES OF SILETZ INDIANS OF OREGON	NOTICE OF PENDING LITIGATION	May 5, 2014
<small>Court Address P.O. Box 549 201 SE Swan Ave. Siletz, OR 97380</small>		<small>Court telephone no. (800) 922-1399 (541) 444-8228</small>	
IN THE MATTER OF: <u>Siletz Tribal Per Capita Distribution</u>			
These matters came before the Court on review and the court being fully informed finds as follows:			
FINDING OF FACT			
1) This Court has jurisdiction to review this matter as the Respondents' are members of the Confederated Tribes of Siletz Indians (CTSI).			
2) Petitioner filed a Notice to Offset/Attached Tribal Per Capita in the Siletz Tribal Court.			
ORDER			
The following Tribal members have a lien filed against their per capita and do not have a valid mailing address:			
Michelle Belgarde	Hearing Date:	July 8, 2015 at 9:30 a.m.	
Jonathan Blalock	Hearing Date:	July 9, 2015 at 1:30 p.m.	
Breana Butler	Hearing Date:	July 7, 2015 at 3:00 p.m.	
Abel Caba	Hearing Date:	July 8, 2015 at 9:30 a.m.	
Farrell Cockrum	Hearing Date:	July 8, 2015 at 9:30 a.m.	
Corey Cole	Hearing Date:	July 8, 2015 at 9:30 a.m.	
Serena Depoe	Hearing Date:	July 7, 2015 at 3:00 p.m.	
Windy Ficcadenti	Hearing Date:	July 7, 2015 at 9:00 a.m.	
Leonard Flanary Jr.	Hearing Date:	July 8, 2015 at 9:30 a.m.	
Jedediah Fuhrer Jr.	Hearing Date:	July 8, 2015 at 9:30 a.m.	
Andrew John Jr.	Hearing Date:	July 8, 2015 at 1:30 p.m.	
Otto John	Hearing Date:	July 8, 2015 at 1:30 p.m.	
Andrew Jucutan	Hearing Date:	July 7, 2015 at 3:00 p.m.	
Jason McKnight	Hearing Date:	July 8, 2015 at 1:30 p.m.	
Joseph Milam	Hearing Date:	July 8, 2015 at 1:30 p.m.	
Mortie Mortenson	Hearing Date:	July 8, 2015 at 1:30 p.m.	
Josephine Napoleon	Hearing Date:	July 7, 2015 at 1:30 p.m.	
Jess Ramsey	Hearing Date:	July 7, 2015 at 9:00 a.m.	
		July 8, 2015 at 9:15 a.m.	
Christopher Reis	Hearing Date:	July 7, 2015 at 3:00 p.m.	
Michelle Runyan	Hearing Date:	July 7, 2015 at 9:00 a.m.	
April Scoggins	Hearing Date:	July 7, 2015 at 3:00 p.m.	
Jason Scoggins	Hearing Date:	July 7, 2015 at 9:00 a.m.	
Ulysses Simmons	Hearing Date:	July 9, 2015 at 9:00 a.m.	
Yolanda Simmons	Hearing Date:	July 7, 2015 at 11:30 a.m.	
		July 9, 2015 at 9:00 a.m.	
Dennis Suitter	Hearing Date:	July 9, 2015 at 9:00 a.m.	
Clarice Tanewasha	Hearing Date:	July 7, 2015 at 9:00 a.m.	
Daniel Warren	Hearing Date:	July 7, 2015 at 1:30 p.m.	
Melody Williams	Hearing Date:	July 7, 2015 at 1:30 p.m.	
Merica Williams	Hearing Date:	July 9, 2015 at 9:00 a.m.	
Kenneth Zosel	Hearing Date:	July 9, 2015 at 1:30 p.m.	
If the above-mentioned people do not show for their hearing date an Order of Default will be entered against them.			
SO ORDERED this 5 th day of May 2015			
			 Calvin E. Gantenbein, Chief Judge Siletz Tribal Court