



Siletz Community

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Remember to take care of yourself.

4AM SHOWER by Guy Kopsombut

Happy Thursday ☺ - 8/16/18

Events

January 1st

New Year's Day
Tribal Offices Closed

January 3rd & 17th

Native STAND
Siletz Clinic - Behavioral Health
5:00 - 7:00 pm

January 21st

Martin Luther King Jr. Day
Tribal Offices Closed

January 24th

Diabetes Luncheon
Tribal Community Center
12:00 - 1:00 pm

Tobacco Cessation now available at the Siletz Community Health Clinic

Do you use commercial tobacco products? Would you like to improve your health? Are you interested in "kicking the habit"? If so, I have great news for you. Tobacco Cessation is now available at the Siletz Community Health Clinic. Tobacco Cessation includes: Motivational Interviewing, (MI) is a directive patient-centered style of counseling, designed to help people to explore and resolve ambivalence about behavior change; Identify and learn how to manage your triggers; Work on and develop coping techniques that will help assist you along the way; Learn about Nicotine Replacement Therapy's (NRT's) and how they can help with your success and more. If you have questions, want to learn more, or set up an appointment, please contact Corey Strong at 541-444-9682.



Research finds Nez Perce had tobacco long before Euro-American settlers arrived in NW



Nez Perce Indians grew and smoked tobacco long before white traders and settlers arrived in the Pacific Northwest, new research from Washington State University has revealed. By testing stone pipes for nicotine residue, the researchers determined the Nez Perce were cultivating wild strains of tobacco 1,200 years ago in the warm, dry climate along the Snake River. The research represents the "longest continuous bio molecular record" of tobacco smoking from a single region in the world, the study's authors wrote in an article published Monday in the Proceeding of the National Academy of Sciences.

Although tobacco use has a longstanding role in tribal culture and ceremonial use, the varieties smoked by the Nez Perce's ancestors contained lower nicotine levels, the study said. Instead of being used for recreation, tobacco was smoked in limited quantities by select community members, the research said. Tobacco native to this area (*Nicotiana attenuata*) is sometimes called coyote tobacco. It's a small, scrubby species grown in sandy river bars. Another variety of Northwest tobacco (*Nicotiana quadrivalvus*) had a natural range in southwestern Oregon and Northern California.

Genetic selection led to plants with larger leaves and higher nicotine content than wild varieties. As the Hudson Bay Co.'s explorers spread through the Northwest, use of introduced tobacco overtook native varieties among the tribes. The shift from traditional smoking of indigenous tobaccos and other plants to commercial tobaccos has had "significant deleterious effects on tribal culture and health," the study said. Understanding the difference between native tobaccos used in traditional ceremonies and the commercially manufactured product could help tribal members quit smoking.

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