

Ask Raven: Marijuana poses risks to lung health

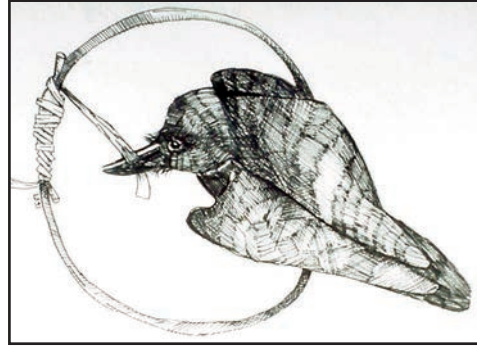
Dear Raven: Is smoking marijuana healthy?

According to the American Lung Association, there are many concerns with smoking marijuana and the impact it has on health.

The American Lung Association cautions the public against smoking marijuana because of the risks it poses to lung health.

Smoke is harmful to lung health. Whether it's from burning wood, tobacco or marijuana, toxins and carcinogens are released from the combustion of materials. Smoke from marijuana combustion has been shown to contain many of the same toxins, irritants and carcinogens as tobacco smoke.

Beyond what's in smoke alone, marijuana is typically smoked differently than tobacco. Marijuana smokers tend to inhale more deeply and hold their breath longer than cigarette smokers, which leads to a greater exposure per breath to tar. Second-hand marijuana smoke contains many of the same toxins and carcinogens found



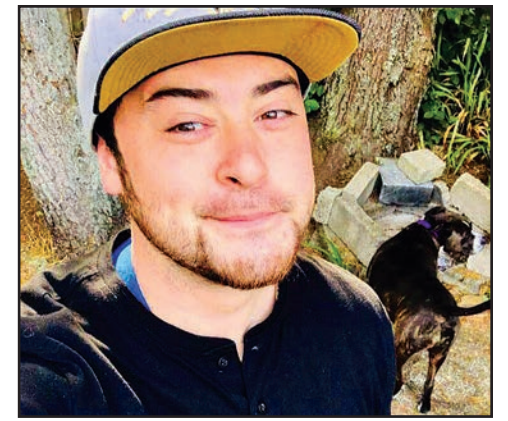
in directly inhaled marijuana smoke, in similar amounts if not more.

Smoking marijuana clearly damages the human lung. Research shows that smoking marijuana causes chronic bronchitis. Marijuana smoke has been shown to injure the cell linings of the large airways, which could explain why smoking marijuana leads to symptoms such as chronic cough, phlegm production, wheezing and acute bronchitis.

If you or anyone you love wants more information about the effects of smoking marijuana, please contact the Siletz Behavioral Health Department at 541-444-8286 or 800-600-5599.



Happy 8th Birthday to our sweet, beautiful, smart little Bee!
Love, Papa, Mama, Special K and Socks



Happy 30th Birthday to Joshua Navarro (Dad)! We love you so much!
Love, Casey, Kendra and Nola

Free child ID kits from the
Oregon State Police

503-934-0188 or 800-282-7155;
child.idkits@state.or.us

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

Passages Policy

Submissions to Passages are limited to two 25-word items per person, plus one photo if desired.

All birthday, anniversary and holiday wishes will appear in the Passages section.

Siletz News reserves the right to edit any submission for clarity and length.

Not all submissions are guaranteed publication upon submission.

Please type or write legibly and submit via e-mail when possible.

**Domestic violence is
not a Native American
tradition.**

Does your partner ever...

- Call you names or criticize you?
- Isolate you from family or friends?
- Threaten to hurt you or your children?
- Push, slap, kick or strangle you?
- Refuse to give you money for food, gas or medicine?



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Volunteers needed to cut firewood for elders

The Natural Resources Department periodically receives inquiries from Tribal elders asking if there is anyone who would be willing to cut Tribal firewood for them. We are starting a list of volunteers willing to cut firewood for Tribal elders and a list of elders who want someone to cut firewood for them.

If you fit either category, please call the Natural Resources Department – Denise Garrett at 541-444-8227, Mike Kennedy at 541-444-8232 or either at 800-922-1399. We will then pair up volunteer firewood cutters and elders in need.

Please note, this is a volunteer activity. No one will be paid to perform this service and elders should not be charged anything to receive firewood.

A Tribal firewood permit is required and is issued by Natural Resources.

**Tribal children in need of
foster parents for:
Permanent care,
temporary foster care or
short-term emergency care.**

**Contact,
Indian Child Welfare
541-444-8272**