

Making it easier to quit smoking

Tobacco use among the Native American people is among the most important—and among the more complicated—health issues in Indian Country. On the one hand, according to the Centers for Disease Control:

American Indians face a higher risk of experiencing tobacco-related disease—due to a higher rate of cigarette smoking and other tobacco use—than any other ethnic group. The diseases include lung cancer, heart disease and diabetes.

On the other hand, from time immemorial some Native groups have used tobacco for ceremonial, religious and medicinal purposes.

The serious health risks to Indian people come from the use of commercial tobacco—cigarettes and smokeless tobacco—rather than the ceremonial and religious use, incidence of which is infrequent to the point of non-addicting.

The health services that are available to tribal members are in regard to the commercial use of tobacco products. Quitting this use is a challenge for all people, Indian and non-Indian.

The good news is that ser-



Farrellyn Bellanger

VICES are readily available to tribal members who wish to quit cigarettes or smokeless tobacco, or any other form of commercial nicotine-based addictive substance. With tribal Health and Human Services Prevention, the Tobacco Prevention Specialist is Farrellyn Bellanger; and at the Indian Health Services Pharmacy the Tobacco Cessation Clinic Manager is Jessie Casberg, Clinical Pharmacist.

Ms. Bellanger in February joined Health and Human Services as Tobacco Prevention Specialist. She works in cooperation with Ms. Casberg.

An initial project Farrellyn is working on is an outreach program with the phone Quit Line, based in

Pharmacy Cessation Clinic

The IHS Pharmacy Tobacco Cessation Clinic offers a variety of options for tribal members who are interested in quitting smoking, or quitting smokeless tobacco.

A person can make an appointment through a referral from a physician, nurse or other care provider; or a person can come in on his or her own. Over the four years that Ms. Casberg has been with the program, many members have made use of the service.

At any given time 25 to 30 patients may be receiving the service. Some people complete a program in six weeks, and some may take six months—it depends on the individual, Jessie said.

A person can use the patch, a pill, or some other kind of cessation aid. The initial consultation to determine the need usually takes 30 to 45 minutes.

The client then checks in regularly, such as every two weeks, to keep the prescription current. The person can check in personally at the clinic, or it can be done by phone to the Pharmacy. The clinic tries to make the Tobacco Cessation service as accessible as possible to the membership. You can reach the clinic at 541-553-1968.

Portland, that is established to work specifically with the Oregon Native American demographic. Making the Quit Line easily accessible to the membership is the goal.

Another and more long-term project will be working with the tribes and the Housing Authority on addressing the use of tobacco

in the tribal and HUD housing units.

Tribal Council in recent years has prohibited smoking within 25 feet of the doors and windows of tribal public buildings. Extending some regulation to the tribal and HUD units would be another health benefit, Farrellyn said.

Five generations



Courtesy Chet VanPelt

Five generations in one photograph: Eliza Brown-Jim, Lillie Itta Van Pelt, Eliza Medrano, Tyrone Medrano and Kaden R. Medrano.

Plan for summer youth work

Health and Human Services, Natural Resources and the tribes are planning for the Warm Springs student summer work program. This is open to high school students and college students of the tribes.

Applications need to be submitted to the Work Experience Development Department

at Education Building.

The deadline to apply is May 23. This is for Native students ages 14-24, enrolled in traditional and alternative high school, or college.

College students of any age may apply, and have until June 27. Contact the WEDD office at 541-553-3324 for details.

On Tribal Election Day



Jayson Smith/Spilyay

Rosemary 'Mushy' Alarcon casts her ballot at the Tribal Council Election station.

Seniors Day will turn 30

Warm Springs Honor Seniors Day is a month away.

The spring tradition—this year celebrating its Thirtieth Anniversary—will be on the second Friday of May—on May 10—at the Agency Longhouse.

The theme this year is *Boots, Chaps and Cowboy Hats!*

Everyone is welcome to attend—and if you want to be on theme, Wear your boots, chaps and cowboy hats.

Warm Springs Honor Seniors Day is a full day of fun, with guests arriving from around the region.

The Seniors Program provides entertainment and games, plus breakfast, lunch and dinner.

Early Childhood Education will host the mini powwow, to name just some of the main attractions.

Contact the Warm Springs Senior Program if you would like to help out, 541-553-3313.

REWARD

MISSING FAMILY DOG

This is Tucker. He has been missing since Saturday March 30th. We are offering a \$1000 reward for his return.



If found please call Cheryl @ 503-804-6568

Tribal Councilman Suppah met recently with Congressman Greg Walden, to discuss federal legislation that would officially nullify the Huntington document of 1865. The Huntington 'treaty'—acknowledged by courts and federal agencies as a fraudulent act committed against the tribes—purports to nullify aspects of the Treaty of 1855, the controlling document in the tribal-U.S. relationship. Federal lawmakers, with support of Gov. Brown, are considering officially repealing the Huntington document.



Courtesy photo

Killing sea lions boosted steelhead numbers: State

Imperiled Oregon steelhead runs appear to be making a comeback thanks to an Oregon Department of Fish and Wildlife program that kills sea lions.

The department says the native fish species was nearly extinct before the agency began killing sea lions. Now, over 2,400 steelhead have migrated past Willamette Falls—the highest count since 2016 and up significantly from 2017, when 822 steelhead were counted.

ODFW writes in a statement: "There has been an unprecedented effort among Northwest states, federal agencies, tribes and private citizens to protect and recover salmon and steelhead..."

"If predation by sea lions at these environmental pinch points is not addressed there is a high risk that these investments will fail and additional fish runs will be extirpated."

Feds meet tribes at Columbia

Assistant Secretary for Indian Affairs Tara Sweeney and Deputy Assistant Secretary Mark Cruz of the Department of the Interior met with leaders from the Columbia River Tribes and the Columbia River Inter-Tribal Fish Commission late in March.

Confederated Tribes of the Umatilla Indian Reservation Director of Communications Chuck Sams says they met to discuss fishing access sites, and ended up going back to Washington, D.C. with an unforgettable

taste of Columbia River life.

"Secretary Sweeney said this has been the best tour ever," Sams said. "She actually got to shoot a shotgun and throw sound bombs out at the sea lions to distract them from our fish passage areas."

"We really had to talk about the upcoming issues: natural resource protection, salmon production, making sure that we have steady salmon returning, not only just up the big river, but up the tributaries like the Umatilla," Sams said.

1-844-7NATIVE (1-844-762-8483).

APRIL IS SEXUAL ASSAULT AWARENESS MONTH

STRONGHEARTS Native Helpline

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