



Urban American Indian Tobacco Prevention & Education Network

UAITPEN Newsletter

Summer 2008

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PCC to become first tobacco-free community college in Oregon

PORTLAND, Ore. Portland Community College will go tobacco-free in the fall of 2009, according to Preston Pulliams, college president.

PCC will be the first community college in Oregon to prohibit the use of tobacco products on its campuses. It will join two currently tobacco-free schools, Oregon Health & Science University and the Oregon College of Oriental Medicine.

"This will be a big change," Pulliams said. "We must ensure that it is planned, paced and fundamentally respectful of people's rights, regardless of their view of the change."

Portland Community College is the largest post-secondary education institution in Oregon, serving 86,000 students – more than the seven Oregon University System schools combined. It also is one of the 20 largest employers in the Portland metro area.

Currently, the college only allows smoking outdoors in designated smoking areas, away from school buildings.

"We applaud PCC's plans to become Oregon's first 100 percent tobacco-free community college," said Andrew Epstein, school policy coordinator at the American Lung Association of Oregon, which has served as a resource to PCC through the Oregon

Tobacco-Free College Initiative. "All students and staff deserve a campus environment free of secondhand smoke exposure, regardless of where they happen to be enrolled or employed."

The student body has begun to react to the news. "While, as the daughter of two smokers, I appreciate the right of people to smoke, I do not think there is a realistic way to allow it on campus without putting others at risk of dangerous smoke-related complications," said Marissa Johnson, incoming president of the student government for the Cascade Campus in North Portland. "I believe students will agree this is the sensible choice for the overall health and quality of our time here at PCC. After a while, it will just be habit, to wait until off campus to smoke, just as we have adjusted to smoking outside rather than indoors."

At the Sylvania Campus in Southwest Portland, out-going president Victoria Galanopoulos led the fight for a tobacco-free college. "In addition to representing students. I'm also a parent. Like many other parents, if given the choice, I would like to send my kids to a college that provides a tobacco-free

campus, and now we have that option," she said. "Tobacco-related deaths and diseases are preventable, and this policy is one more step in the right direction to help change social norms surrounding tobacco use."

The American Lung Association of Oregon (ALAO) is the oldest, nationwide, non-profit, voluntary public health organization in Oregon. The mission of ALAO is to prevent lung disease and to promote lung health. Programs focus on asthma, clean air, tobacco prevention and lung disease. For more information, please visit www.lungoregon.org. The Oregon Tobacco-Free College Initiative works with community colleges throughout Oregon to reduce tobacco use and eliminate secondhand smoke exposure on campus. For more information on this initiative: <http://www.lungoregon.org/tobacco-college.html>.



SAVE THE DATE:
Network Meeting,
Wednesday, July 23,
2008, 11:30-1:30,
Madison Building.
See you there!

Traditional Tobacco Art

This amazing piece of work was created by Stephen Yellowhawk in response to the Black Hills Center for American Indian Health's "The Oniyan Wakan" ("Sacred Breath") art contest with the theme of how the use of commercial tobacco has impacted Lakota culture, traditions and values. The 25-year-old artist's beaded scene, called "Choices," depicts two Lakota men at a drum. One side has a traditional drummer, singing old songs in a colorful, vibrant setting. On the other side of the drum, Yellowhawk describes the contemporary Lakota singer as overweight, a cigarette dangling from his mouth and disconnected from the beauty of his heritage. "We have accepted cigarette smoking as part of our culture, but that's not the type of tobacco we used. We didn't sit around all day smoking cigarettes," he said. "The tobacco companies are tricking us; cigarette smoking is not traditional in any way," he said.



"Choices" by Stephen Yellowhawk



"Putting Tobacco" by Turtle Heart

Some thoughts on tobacco by Turtle Heart (Ojibway), teacher, ceremonial student and artist:

"The sacred tobacco of the Creek and Catabwa Nations was the power, the natural plant, that enabled the transition from the sacred morning tobacco fire to the sacred pipe (and eventually to cigarettes). The sacred morning tobacco fire is nearly the most ancient of all the sacred rites of the tobacco tribes (American Indians). It is tens of thousands of years old. This was the beginning, the "genesis" of tobacco. Tobacco has become a slave, an imprisoned entity. A life form in enslavement. One of the most powerful plants in the history of the world. To the

Original People whose religious property this Tobacco was, it had the status of "person", not "object"."

Native People's Circle of Hope (NPCOH) Tobacco Initiatives

The Native People's Circle of Hope recently launched two projects promoting the use of traditional tobacco for native ceremonies. "Traditional Tobacco is Sacred, Commercial Tobacco is Not" is the message featured on a native inspired poster developed by Maisie MacKinnon featuring the original art of Dana Tiger. Watch for distribution of this poster at local native events. This project was funded by a grant from the Native People for Cancer Control-University of Washington.

Earn an apple treat and take a survey asking about the use of tobacco in traditional ceremonies. This three minute two page survey seeks information about a person's tribal historical and current use of tobacco in traditional ceremonies, the types of tobacco used and opinions regarding the development of a tobacco policy by NPCOH. This second newly launched project is funded by a grant from the Spirit of Eagles, Mayo Clinic.

NPCOH is a coalition of native cancer survivors and support groups with chapters throughout the United States. NPCOH's mission is to provide hope, an improvement of communication, support, education and advocacy for the cancer survivor. "A Gathering of Flutes" a Native American flute concert, health fair and auction will be held November 15, 2008 at the Firstenberg Center, 700 NE 136th Avenue, Vancouver, WA 98668-1995.

This is the annual fund raising event for the local chapter. Funds are used to support native cancer survivors treatment related expenses. For further information about NPCOH programs, call the local Portland/Vancouver chapter president Ruth Walz, (360) 892-4249 or the NPCOH director Celeste Whitewolf (503) 970-8004. Information can also be secured at npcoh@spiritone.com or www.nativepeoplescoh.org.

Recent Commercial Tobacco Research

Smoking affects memory

Middle-aged adults who smoke tend to perform poorly on tests of memory and reasoning compared to nonsmokers, adding to the list of reasons not to smoke. Researchers found those who smoked were more likely than people who never smoked to be in the lowest-performing of five groups in tests of memory, reasoning, vocabulary and verbal fluency. Smoking was associated with mental decline in middle age, as it is with dementia and a host of physical ills later in life. "Smoking in middle age is associated with memory deficit and decline in reasoning abilities," concluded Severine Sabia and colleagues from the National Institute of Health and Medical Research in Villejuif, France.

Protein link between smoking and lung cancer

A protein that is responsible for repairing damaged DNA may be a vital link to explaining how smoking causes lung cancer. When exposed to cigarette smoke, lung cells produce less of this protein, called FANCD2, according to the team of researchers at the OHSU Cancer Institute. Without FANCD2, damaged DNA can cause cells to proliferate out of control instead of destroying themselves as normal cells do. FANCD2 had already been linked with cancer. It is part of a family of proteins involved in an inherited condition called Fanconi anemia. People with Fanconi anemia have low levels of the proteins and are more likely to develop cancers at a young age. "But the good news is that quitting works -- after five years without smoking, your risk of a heart attack will have fallen to half that of a smoker. And after 10 years, your risk of lung cancer will have halved too." Several other genes have also been linked with lung cancer, and doctors agree a combination of genes and smoking causes the disease.

Smoking and obesity can cause hearing loss

Smoking and obesity could both cause permanent hearing damage, say scientists. Either could threaten blood flow to the ear, they say, with damage levels clearly linked to the level of obesity or the length of a smoking habit. He said: "The hearing loss is proportional to how much you smoke and your body mass index (BMI). "It starts getting worse once you have smoked regularly for more than one year." He said that, unlike some parts of the body, once damage had occurred, there was no prospect of recovery. "Once the damage is done, it's done. It does not repair." Amanda Sandford, from the pressure group Action on Smoking and Health (ASH), said that the results, published in the Journal of the Association for Research into Otolaryngology, should serve as a warning particularly to younger smokers. She said: "There are so many young people who think that they can give up in middle age and escape some of the other diseases associated with smoking. "In this case, some of the damage may already have been done."



N A R A C L I N I C S W O N

Save the Date
Please join us at the clinic
for our health fair on
Saturday, July 26, 2008,
for food, fun, and health
information.

Diabetes Program

Our diabetes program's self management classes start July 8th for diagnosed patients. These classes run for twelve weeks, and you will learn all the basics to controlling your diabetes. Other activities the diabetes program hosts include walking groups and cooking classes. If you are interested in being a part of any of these activities, please contact Trisha at the clinic, (503) 230-9875.



Saturday Screening/ Fun Day
Presented by
NARAs Women's Wellness Program

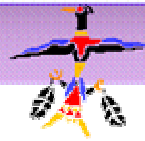
When: July 12th 2008
Where: NARA Indian Health Clinic

We are hosting a Saturday Women's Clinic. If you are enrolled in our program, or eligible for our program please join us for the following:

- ♀ Breast & Cervical Screenings
- ♀ Breast & Cervical Education Information
- ♀ Bingo
- ♀ Drawings
- ♀ Lunch
- ♀ Activities
- ♀ And much more

To see if you are eligible or to make an appointment, please call (503) 230-9875 ask for Lanya @ ex. 251 or Christy @ ex. 281

Looking Forward To Seeing You There!



New Evening Hours

NARA Indian Health Clinic is now open Wednesday evenings until 7:30pm! We are located in North Portland behind Legacy Emmanuel Hospital at the corner of North Williams and North Morris. We provide a variety of health-care services from family medicine including women's exams, diabetes management and testing, and tobacco cessation. We serve our Indian community from infants to elders. We are open 8:30-5:00 Monday, Tuesday, Thursday, Friday, 8:30-7:30 Wednesday. To make an appointment, call (503) 230-9875. We look forward to serving your health-care needs!

Upcoming Events:

- Pi-ume-sha Treaty Days Powwow, June 27-29, Pi-ume-sha field, Warm Springs, OR. Cassie Katchia (541) 553-2128, ckatchia@wstribes.org.
- 76th Toppenish Powwow and Fair, July 2-5, rodeo grounds, Toppenish, WA. Cameron Charley (509) 941-4313, dizz_y2001@yahoo.com.
- 14th Wildhorse Powwow, July 4-6, Umatilla Indian Reservation, I-84 exit 216, Pendleton, OR. (800) 654-9453 ext. 1510.
- Colville Tribes Fourth of July Celebration, July 4-13 (Powwow July 11-13), Powwow Grounds, Nespelem, WA. Shelly Davis (509) 633-3256, ankydavis@hotmail.com.
- Grande Ronde Veteran's Powwow, July 11-13, powwow grounds, Grand Ronde, OR. (503) 879-5342.
- 31st Cow Creek Powwow, July 18-20, South Umpqua Falls, Tiller, OR. (541) 672-9405, twoodruff@cowcreek.
- 23rd Seafair Indian Days Powwow, July 18-20, Daybreak Star Indian Cultural Center, Discovery Park, Seattle, WA. (206) 285-4425 ext. 1035, pnason@unitedindians.org.
- 18th Tamkaliks Celebration Feast and Powwow, July 18-20, Whiskey Creek Road, Wallowa, OR. (541) 886-3101, tamkaliks@eoni.com.
- UAITPEN Meeting, July 23, 11:30-1:30, NARA Madison building, 1776 SW Madison St. Becky Wright, (503) 593-1635, bwright@naranorthwest.org.
- NARA Clinic Health Fair, July 26, NARA Clinic 15 N Morris. Becky Wright, (503) 593-1635, bwright@naranorthwest.org.
- 10th Muckleshoot Sobriety Powwow. July 25-27, across from Wellness Center, Auburn, WA. Mike Starr (253) 261-1764, cece-freeman@muckleshoot-health.com.
- Confederated Tribes of Siletz Indians Nesika Illahee Powwow, August 8-10, Pauline Ricks Memorial Powwow Grounds, Siletz, OR. (800) 922-1399, monaf@ctsi.nsn.us.
- Confederated Tribes of Grand Ronde Contest Powwow, August 15-17, powwow grounds, Grand Ronde, OR. (503) 879-2037.
- 21st Klamath Tribes Restoration Celebration, August 22-24, football field, Chiloquin, OR. (800) 524-9787 ext. 147.
- Salmon Celebration, September 12-14, The Mill Casino and Hotel, Highway 101 between North Bend and Coos Bay, OR. (541) 756-8800.
- Agness-Illahee Gathering of the People, September 19-21, near Foster Bar Big Bend, Agness, OR. Belva Bell (541) 439-4284, belva-bell@hotmail.com.
- Back to School Powwow, September 27, Chemawa Indian School, Salem, OR. Karen Serna (503) 399-5721 ext. 225, kserna@chemawa.bia.edu.
- Burns Paiute Reservation Day Powwow, October 11-12, Burns High School, Burns, OR. (541) 573-1772, julie.johnson@burnspaiute-nsn.gov



It's Powwow Time!



**NATIVE AMERICAN
REHABILITATION
ASSOCIATION
(NARA) OF THE
NORTHWEST, INC.**

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www.naranorthwest.org/Tobacco.htm



Program update

We have been busy!

The ceremonial plants project had a planting party on April 26, where we planted different types of “tobacco” as well as veggies. The seeds have sprouted, and the plants are now being put in the ground by folks involved in this project. After harvesting this fall, the plants will be available to community members in need of traditional plants for ceremony. We had our Network meeting on May 15, enjoying good company and good food. We also filled out survey’s for Native People’s Circle of Hope and were gifted with beautiful traditional tobacco posters.

I have been busy presenting the hard work our program has been engaged in to other organizations. During a conference call to all State of Oregon Tobacco Prevention & Education Program grantees

and contractors, I spoke about the ways that our program works to address the tobacco related disparities experienced by American Indians/Alaska Natives. And at the National Native Leadership Institute on Tobacco, I had the honor of talking to community leaders from across the nation(s) about the importance of addressing tobacco in addictions treatment, and specific ways that can be done, modeled on the work that we have done at NARA.

And speaking of NARA, May 1, 2008 was the kick-off for the new NARA Tobacco Policy—hooray! I enjoyed visiting all of our sites, providing food and t-shirts to all employees, and just letting everyone know what the policy might mean to them. Through this policy, we will be providing a healthier health and wellness center for

all NARA community members, both through cleaner air and increasing access to cessation resources. I have also been working at the State level with the TPEP Strategic Planning Committee, the TPEP Training Task Force and the Tobacco Education Clearinghouse Task Force to ensure that AI/AN issues around tobacco are heard. And of course Delta Park was a great success, with what seemed the biggest turn out in years! The arena was a designated smoke free area, and our MC Gilbert Brown was not afraid to enforce it, at one point asking attendees, “Can’t you read? There’s no smoking in the arena!” Many thanks to organizers Bow & Arrow for maintaining a clean air event!

Enjoy the sunshine everyone!

-Becky

