Great American Shootout for Great American Smoke Out:

GASO was November 17th, for the year of 2016. GASO is held every year, on the third Thursday of November, smokers across the nation take part in the American Cancer Society Great American Smokeout event. They may use the date to make a plan to quit, or they may plan in advance and quit smoking that day. The Great American Smokeout event challenges people to stop using tobacco and helps people learn about the many tools they can use to help them quit and stay quit.

In many communities, local volunteers use this event to publicize the need to quit, press for laws that control tobacco use and discourage teens from starting, and support people who want to quit. This year Rosebud school participated in a Shoot out to win a cold turkey. Youth learned about the health effects from the use of tobacco and brought awareness to their community by doing their best shooting for turkey for their family or donating it to others in need.

Comfort Brand Hotels going smokefree

Smokefree hotels and apartments protect the public from secondhand smoke, which is a risk for cancer, heart disease and other serious health problems." It’s a great step for tobacco prevention to have these hotels go completely smokefree for travelers staying in Comfort brand hotels.

We want to thank the company’s that own the hotel and motel brands; Comfort Inn, Comfort Suites, Quality Inn, Sleep Inn, Clarion, Cambria Hotel & Suites, Mainstay Suites, Suburban Extended Stay, Econo Lodge, Rodeway Inn, and Ascend Hotel Collection. Thanks again for thinking of the health and safety of all travelers that stay with you.
4th Annual Festival of Trees

When: Friday, December 2nd (In Conjunction with the Christmas Stroll)

Where: Vintage and Rustics on Main Street (in the old Ben Franklin)

To support this event...

➤ Buy tickets at the Chamber of Commerce beginning Monday, November 21st
➤ Buy tickets at the event: Inside of Vintage and Rustics
➤ Add your name and phone # to each ticket
➤ Come to Vintage and Rustics during the Christmas Stroll to view the beautiful and creative trees, centerpieces and baskets
➤ Place your tickets in the receptacle for the tree/centerpiece/basket that you want
➤ Winners will be contacted on Saturday, December 3rd to collect their prize

Ticket Prices

Trees:
- $10 = 1 ticket
- $50 = 6 tickets + 1 beverage token
- $100 = 13 tickets + 3 beverage tokens

Centerpieces / Baskets:
- $5 = 1 ticket
- $25 = 6 tickets + 1 beverage token
- $50 = 13 tickets + 3 beverage tokens

This event is a fundraiser for Grounds for Change. Proceeds are used to fund FamFest, and to help with medical, dental, vision, travel, and other expenses to children and families in need in Miles City.
The Montana Tobacco Quit Line now offers an American Indian Commercial Tobacco Quit Line with a dedicated line 1-855-372-0037 and web based enrollment www.MTAmericanIndianQuitline.com. The service connects callers with Native Coaches, offers 10 weeks free counseling, free Nicotine Replacement Therapy, and reduced cost cessation medications. The call line is dual-staffed 7 days a week 10:30AM to 5:30PM. Callers may experience a wait time and may need to leave a message to receive a call back from the trained coaches. Read more below. (Calling 1-800-Quit-Now and asking for the American Indian Commercial Tobacco Program will also connect clients to the dedicated quit line.)

American Indian Project

Addressing the needs of American Indian Tribal Members on and off Montana’s Reservations in regards to Commercial Tobacco Addiction.

"The diseases caused by tobacco addiction remain the leading causes of death in the United States and in Montana ... Tobacco use impacts every system of the body causing many diseases such as heart disease, COPD and several types of cancer. Tobacco also complicates serious health conditions such as diabetes, hypertension, asthma, mental illness and substance abuse." - Richard H. Opper, Director, Department of Public Health and Human Services (MTUPP Progress Report, July 2014-June 2016).

Commercial tobacco use hits every area of Native communities. Highest rates of cigarette use, high rate of smokeless tobacco use, high rate of use among youth. Along with following the goals of MTUPP and CDC Best Practices, the American Indian Tobacco Prevention Specialists also educate local communities and members on the traditional intent and use of tobacco plants which helps to break the bonds with commercial tobacco companies and the high-cost of nicotine addiction. Understanding and participating in cultural activities, promoting native language development and hosting local events begin to pave the way to a life free from nicotine dependence. American Indian Tobacco Prevention Specialists Contact Information.

American Indian specific resources, like Cessation and Recovery from Commercial Tobacco Addiction, provide tribal perspective to the burden of commercial tobacco in Native communities, Order Online.

"When I read the section about the contract with the plant and the cigarette smoker, I threw away my cigarettes that day. I (now) honor the plant the way it is meant to be and believe the power of the plant helped me quit my addiction."

Montana's American Indians are specifically impacted by diabetes and lung cancer. For more information please visit Montana Chronic Disease Diabetes and Cancer Control Programs.

The annual Youth Gathering of American Indians, Living in Two Worlds hosted by American Indian Tobacco Prevention Specialists is using an evidenced-based best practice for substance abuse prevention; the holistic approach to wellness is a traditional part of AI/AN belief systems, every community member is of value in empowering the community and the Youth Camp is a safe place to share, heal and plan for action.
Health in the 406: Focus on Tobacco Prevention

Among adults who become daily smokers, approximately 90 percent report first use of cigarettes before reaching 19 years of age and almost 100 percent report first use before age 26. Raising the minimum tobacco sales age to 21 could dramatically reduce tobacco use among Montana's next generation. Two states and approximately 200 cities and counties have passed tobacco 21 legislation. Almost 40% of Montana high school students are currently using at least one type of tobacco or nicotine containing product.

Legislative Healthcare Forum: Miles City, MT

December 1st
7:00 a.m.
Miles City Community College
Room 106
Introduce yourself to your legislator, listen to their position on healthcare related issues, and share your healthcare related legislative priorities.

Bighorn Valley Health Center in Ashland is seeking the following positions:
Medical Assistant
RN/LPN
Pharmacy Tech
Competitive salary and Benefits package. Please call Whitney Fisher at 406-665-4103 or email whitney.fisher@bighornvalley.org to inquire