

Men's Night Out In Honor of



Gary Freeman
Michael Logan Sr.
Lucky Miles
Todd Mason
Franklin Larsen
Stacey Williams
Matt Williams
Ben Smith Jr.
Melvin Downey
Frank Simmons
Oscar Olson
Richard Woods

Men who passed away in the last year were honored (above) at Men's Night Out. Tony Blomstrom (below) gets a bone density test from Dr. Lindy Taylor. Dr. Hank Taylor (below right) tests his passing arm during the event.



Screenings, Food and Fun All Part of Men's Night Out

By Scott Macrae

Blood sample check, blood pressure check, urine sample check, height, weight check, blow in a funny little tube and the most awkward part of the evening was having Dr. Taylor's wife, Lindy, also a doctor, put gel on my foot for the bone density scan. I'm telling you, guys, this was painless!

Dr. Hank Taylor and I both challenged ourselves to visit every station and take every test at the Men's Night Out event held June 27 at the new gymnasium in Siletz.

Within half an hour I had completed the circuit and was handed a plate of healthily prepared food that included buffalo burgers, baked beans, coleslaw, along with fresh fruit and veggies – all delicious.

Of the 35 men who came to the annual event, 10 went through every station, held still for all the tests and were entered into the grand prize drawing – two deep sea fishing trips and two golf packages.

Organizer Lin Rasar reported that out of the 35 attendees, at least 30 of the men had their skin checked for melanoma/skin cancer.

"The event was very successful," said Rasar. "We had 35 on a weekend with a softball tournament, muddy racing, reunions, plus the Elders picnic! We were able to screen eight new people for prostate cancer and four for bladder cancer. Having skin screening, which encompassed basically everyone, was great. Everyone got a little education on skin cancer prevention. The food was excellent, we had many compliments on the great meal and the men didn't even know until the end how healthy it was for them."

Already at work planning next year's event, Rasar plans to go back to a weekday evening schedule and is looking for a male dermatologist for the event.

Dr. Taylor truly inspires. After just a few minutes of speaking with him, you're ready to run through all the stations and make healthy living a priority in your life. And if he can't inspire you, he'll pay you!

As an added incentive to everyone at the event, Dr. Taylor offered, from his own pocket, \$50 to everyone older than 50 who completed every test and scheduled a colonoscopy, and \$25 for everyone under age 50 without the colonoscopy.



Photos by Scott Macrae

Key to Prevention – Lessons Unlocked for DeAnna Pearl Over the Years

As I leave to follow a new path, I have been reflecting on some key ideas thought of and lessons learned as the coordinator for Tobacco Prevention and A&D Prevention.

There are so many people I have come to love and trust. There are so many brave people seeking a healthier path and I have been humbled by their request for help. My honor is to celebrate with them whatever extent of success they obtain.

During my time with Tobacco Prevention, more than 250 people sought support for cessation, with a 40 percent success rate. As the A&D Prevention coordinator, I have worked with youth and adults to create safe and healthy programming by supporting ATOD-free activities: 167 programs and events from July 2008 through June 2009. I trust this will continue and have faith in the abilities of the people who continue here.

Below are some lessons I have learned and for you to keep in mind:

- If they show up, that is half the battle.
- A true measure of success is not a number, but a hug from a child or a smile from an elder.

- Hold steadfast in your convictions – people will commend you for it even if they don't agree at first.
- Treat every child, youth and adult as a gift to be treasured and they will in turn welcome you into their hearts.

- A pat on the head or a touch at the shoulder can do wonders for a kid's day.
- Wait for the miracle, it will happen in the blink of an eye.
- Raise the bar of expectations for kids, but always help them find the skills with

- which they can reach or raise above.
- Look for the hope in a hopeless situation because it is there.
- Kids will drink water and eat healthy food if offered.
- Keep your lips shut – eventually they will come to the same conclusion.
- Take a moment to thank the individuals who support you.



Judy Muschamp and Brenda Bremner wrap DeAnna Pearl and her daughter, Coral Donne, in a Tribal treaty blanket during the good-bye potluck for DeAnna and Coral on July 10.

Photo by Diane Rodriguez

Most kids want to be successful. Every parent wants the best for their child. Every community wants to have a safe and healthy environment. But change is hard. If I have heard it once or a million times, "That is the way it is here." I say, "Why?"

Who do we hold accountable? Who is responsible for this change? First and foremost we must hold ourselves accountable. It's not easy and sometime being steadfast in your beliefs is ridiculed, but someone has to take a stand and the time is now.

On behalf of my family, thank you for your kindness and generosity. My daughter and I have been given a sense of community, an opportunity to give back.

Like the Oregon motto, "Alas Volat Propriis," She Flies on Her Own Wings. We will miss you as we begin our new journey of flight.

Hvm'-Chi'