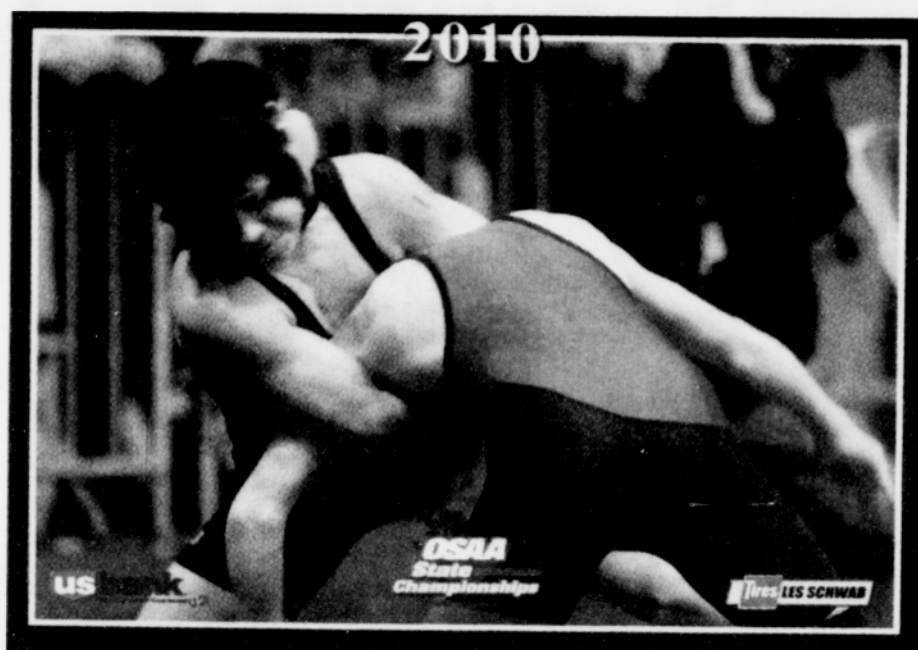




Courtesy photo

Chris Garza competes in the 1A classification at the Oregon state wrestling tournament in Portland.

Garza Places Third at State; Marthaller, Williams Finish Second Three Combine for Fifth Place Team Award

With love from all your family, near and far

Chris Garza is a junior and a wrestler at Siletz Valley Early College Academy. He and the team (Loy Marthaller and Chris Williams) all qualified for state this year and placed – Garza in third place, Marthaller (senior) in second place and Williams (senior) in second place. Overall, the team took fifth place among 1A schools.

Garza had an undefeated league season at 16-0. He took first place at district (winning with a pin) against the second seed in state, Cody White. At state, he finished in third place and completed his season with a record of 18-1.

Garza put his heart out on the mat all season; it showed and we are so proud of him and his hard work and are excitedly looking forward to next season.

STYLE Youth Council Invites Youth to Participate; Next Meeting is April 11

By Ashliegh Ramirez

Nine Tribal youth with three Tribal adults and three Tribal Elders attended the first meeting of the Siletz Youth Council held in February.

The youth voted on the name "STYLE Youth Council." STYLE stands for Siletz Tribal Youth Living Empowered, a name associated with other youth activities over the years.

The youth voted to approve bylaws. As an opening of the bylaws, using the first letter of the last name of each youth

who was in attendance, a mission statement was formed:

Protect our future and that of our Tribe with guidance, caring and responsible leadership.

The family names represented in the mission statement are Pullam, Perkins, Fisher, Williams, Goodell, Case, Ramirez, Rilatos and Lane.

The intent of the Youth Council is to offer assistance to youth in learning about available services within the Tribe,

provide instruction in Tribal leadership, organize community service projects, offer support in high school completion and help prepare for college as well as plan group alcohol-, tobacco- and other drug-free (ATOD-free) events and activities.

The Youth Council is open to all Tribal youth, not just Siletz enrolled members, and encourages youth to bring their parents/guardians and other adults to the meetings. The group welcomes any youth who are part of the Siletz community to participate in the meetings. The intent is for this Youth Council to be representative

of all Siletz youth regardless of where they reside.

If you need a ride to attend a meeting, send an e-mail to siletzyouthcouncil@live.com or call Ashliegh or Angela at 541-444-7088 and they will work on finding someone with whom you can carpool.

The next youth council meeting is April 11 at 1 p.m. at the Siletz Tribal Community Center.

For more information, you can send a friend request on www.myspace.com/siletzyouthcouncil where new and updated information is posted often.

"It's Your Time" During Women's Health Week and Health Challenge

This year, Women's Health Week starts on Mother's Day. The theme this year is "It's Your Time" and the week-long observance (May 9-15) is sponsored by the Department of Health and Human Services, Office on Women's Health.

This national initiative encourages women to take simple steps toward a

happier, longer, healthier life. Five areas of women's health will be the focus: exercise, diet, preventive screenings, risky behavior avoidance and mental health.

May 10 is Women's National Check-up Day, so if you have been putting off your annual doctor's appointment, now is the time to get it scheduled. Call the Siletz

Clinic at 541-444-1030 or 800-648-0449 to schedule your yearly physical and any needed testing, such as EKGs, labs, pap smears and mammograms.

The Siletz Clinic will host an open house on May 10 at the Tillicum Fitness Center for women who are interested in taking part in Women's Health Week and the Women's Eight Week Health Challenge.

Participants can find more information about this exercise challenge at www.womenshealth.gov/woman. We will form the Siletz Women's Team at the open

house and help you sign up – or you can sign up online on your own.

At the open house, we will start an eight-week program that meets weekly to discuss diet, health topics and personal training goals and keeps us all motivated to continue with the exercise challenge.

Please call Lindy Taylor with any questions, 541-444-9633 or 800-648-0449, ext. 1633; or e-mail siletzchd@ctsi.nsn.us.

Look for more information in the May issue of *Siletz News*.



**SILETZ TRIBAL VETERANS
MEMORIAL WALL
GOVERNMENT HILL
SILETZ, OREGON**



Request for Adding Name to Siletz Tribal Veterans Memorial

Print Name of Veteran: _____

Last First Middle Initial Only _____

Served in _____ (Army, Navy, Marines, USAF, CG)

Roll Number: _____

Please include a copy of a document that will help us verify Veteran's participation – DD214, Service Record, WDAGO Form 100

Form completed by: _____

Print Name _____

Address: _____

Street City State ZIP _____

Phone Number: _____

Signed: _____

Date: _____

Siletz Tribe, American Red Cross Team Up for Blood Drive in May

We will host a blood drive at the new medical clinic on May 27. The American Red Cross Bloodmobile Bus will be here during the day on May 27 and will have scheduled appointment times for those interested in donating blood.

The blood donation process takes less than an hour. If you have never given blood before, we will answer all of your questions prior to donating and walk you through the entire process.

In general, you must be in good health, at least age 17, weigh at least 110 pounds and have a valid ID to give blood. Those who are age 16 can donate with parental permission.

If you have concerns about your medical history, call the Red Cross Blood Donation Eligibility Line at 800-737-0902.

Every two seconds, someone in the United States needs blood. We do not have the ability to make blood in a lab and must rely on donations from other people.

Giving Blood is Safe, Easy

The entire process takes less than one hour (10 minutes for the actual donation) and you can return to your normal activities following donation. Healthy people have plenty of blood to share and your blood might save someone's life.

For more information or to sign up to donate blood, please call Lindy Taylor at 541-444-9633 or 800-648-0449, ext. 1633; or e-mail siletzchd@ctsi.nsn.us.

We must have at least 30 people signed up in order to have the Red Cross come to Siletz, so please get involved.

Be someone's anonymous hero.