

Siletz Men's Softball Team Places Fifth at Native American World Series

By Natasha Kavanaugh

On Sept. 24-26, the Siletz men's softball team competed in the 2010 Native American World Series in Salt Lake City, Utah. Twenty-eight teams from throughout the United States and Canada participated in this year's event. Siletz played exceptionally well, placing fifth and finishing with a 4-2 record.

Justin Mason, Willie Metcalf, Marcus and Jason Butler, Mike Fisher, Rick Bayya, Buddy Lane and, of course, Big Lee the coach, have played together for about 10 years. This tournament brought in additional players, including Brett Lane Jr., Frank Curley, Kevin Enyard and Jason Kosydar.

The team played two games Sept. 24. During the first game they beat the Arizona Outlaws of Page, Ariz., 4-3.

During the second game, they beat Charlie B's of El Reno, Okla., 14-5. Fisher hit two home runs and Brett Lane Jr. added another during the game.

On Sept. 25, the team was close but unsuccessful, losing to Harvest of Roosevelt, Utah, 14-11. Marcus Butler hit the lone home run for Siletz in this game. Harvest later went on to win the tournament.

Three games on the last day

On Sept. 26, Siletz played three games, winning two and losing the third, which knocked them out of the tournament.

In the first game, Siletz beat the Warriors of Northwest Washington, 17-5. In the second game, they beat Franchise of

Idaho/Washington, 18-8. Kosydar hit a home run in this game.

In the team's final game of the tournament, they lost to Nuche and Co. of Ignacio, Colo., 13-7. Kosydar hit his second home run of the tournament in this game.

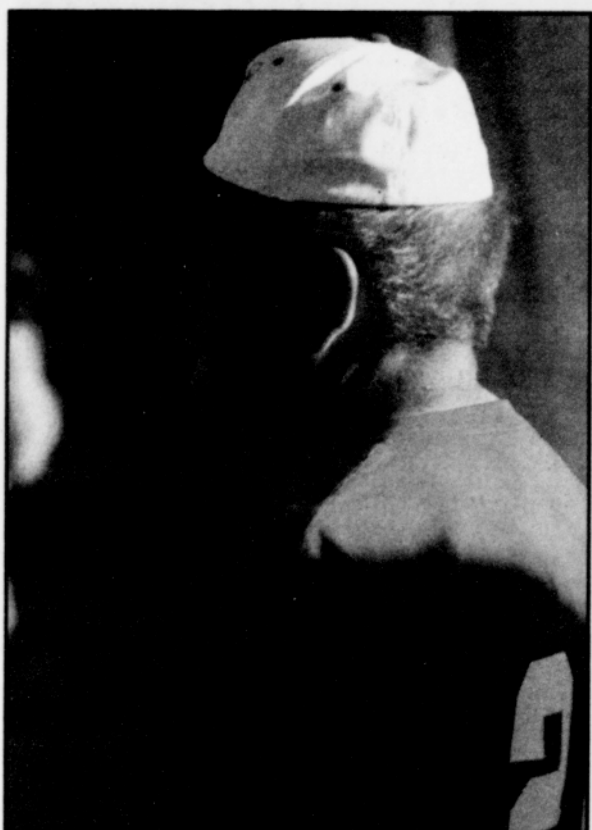
"Our defense was strong all weekend, which carried us because we weren't hitting the ball as well as we should have," said Mason. "Marcus Butler hit great out of the lead-off spot; Will Metcalf hit good all weekend; Mike Fisher, Brett Lane Jr., Marcus Butler and Jason Kosydar all hit home runs."



Courtesy photos from the Siletz men's softball team

Marcus Butler (left) swings and connects during a game at the Native American World Series. Leon Metcalf, aka Big Lee, keeps track of the action.

Siletz Tribal Council
Chinook Winds Casino Resort
Bud Lane for the basket
Cheryl and Alissa Lane for the painting work
Brenda Howell and Joyce Retherford for help at the taco feed
Bristo Bayya and Hawaiian Ben for helping with the lunches
All the people who donated to the baked food sale
All the employees and community members who bought raffle tickets and food at the fund-raisers as well as people who donated cash
Noel's Market for donating hamburger
Chuvonne Metcalf and Tasha Mason for helping out at every fund-raiser



4 REASONS TO LEARN MORE ABOUT COPD

COPD – Chronic Obstructive Pulmonary Disease

4 Things you can do to live a longer, more active life

- Be aware of the risk factors
- Recognize the symptoms
- Ask your doctor about a simple breathing test
- Follow treatment advice

4 Key Risk Factors for COPD

- Have shortness of breath, chronic cough or have trouble performing simply daily tasks like climbing stairs, grocery shopping, or laundry
- Are over age 40 and currently smoke or used to smoke
- Have worked or lived around chemicals or fumes
- Have certain genetic conditions

4 Things you can do if you are at risk for COPD

- Talk with your health care provider about shortness of breath, chronic cough, or decline in activity level
- Get a simple breathing test, also known as spirometry
- Quit smoking
- Avoid pollutants or fumes that can irritate your lungs

4 Things you can do to help manage COPD

- Take medication as directed by your doctor
- Enroll in a pulmonary rehabilitation program
- Avoid pollutants or fumes that can irritate your lungs
- Get flu and pneumonia shots as directed by your doctor

***www.nhlbi.nih.gov/health/public/lung/copd/event-listing/awareness-month/index.htm

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November is Lung Cancer Awareness Month

Lung cancer is a tragic disease that takes a terrible toll on those with the disease and their loved ones. It is the leading cancer killer in both men and women in the United States. More people die from lung cancer than from any other type of cancer. This cancer forms in tissues of the lung, usually in the cells lining air passages. There are two main types – non-small-cell lung cancer and small-cell lung cancer.

Non-small-cell

Stage 1 – The cancer is localized to the lung and no cancer is in the surrounding lymph nodes.

Stage 2 – The cancer has spread to the lymph nodes closest to the affected lung or has not spread to the lymph nodes but instead to the chest cavity, chest wall, outer covering of the lung or outer covering of the heart.

Stage 3 – The cancer has either spread to the nodes on the other or same side of the chest, there is more than one tumor in the affected lung, there is fluid around the lung that contains cancer cells or the tumor has grown into another major structure in your chest.

Stage 4 – The cancer has spread to another part of the body, such as the liver, brain or bones.

Small-cell

Limited Stage – The cancer can only be seen in the lung, surrounding lymph nodes or in fluid around the lung.

Extensive Stage – The cancer has spread outside of the lungs to another area of the body, typically the chest, liver or brain. Because small-cell lung cancer is composed of tiny cells and is not a solid tumor, it is usually inoperable, except in rare cases in the early limited stage.

** www.lungusa.org/about-us/our-impact/top
** www.beverlyfund.org/facts.html?gclid=CLi69YDyW6QCFQykiQodxwbDg

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