



**Congratulations, Cole!**

*From Mom, Dad, Quentin and all of your family in Siletz*

Cole Jackson is a senior at Linfield College. He is the top student in his business finance class, scoring a 4.0 both semesters last year and a 3.98 this semester.

He was one of 10 students chosen to participate in the January Mutual Fund class in which the class met with 14 different companies and investment firms in the Portland area. They then traveled to New York on Jan. 21 for 10 days to visit Wall Street and other companies.

Cole is the grandson of Elouise Case and his parents are Fonda and Steve Jackson.

We love you and are so proud of you!

**Wife, child motivate McClintock to weight loss success**

*By Adrienne Crookes, Community Health Advocate*

This is part of an ongoing series of articles profiling Siletz Tribal member participants in our Diabetes Exercise Program. James B. McClintock of Springfield, Ore., has been participating in the Diabetes Exercise Program since July 2010 and has lost 22 pounds.

His inspiration is his wife and child, who have provided the motivation to make his weight loss success happen.

**What motivated you to change your habits?**

“My family has a history of diabetes. Also, some family members have had a heart attack or stroke. I realized that I used to be an active person and played sports most of my life, but lately I hadn’t been doing that. I became self-conscious about my weight gain. I started getting depressed. I wanted to do something about it because I want to be around for my wife, kids and family.”

**How have you achieved your weight loss?**

“I started by changing my eating habits – and that was the hard part. Before this, I didn’t eat many vegetables or fruits. I eat more fiber now and I cut out sugars

and fats. I got a gym membership through the Diabetes Exercise Program and I exercise regularly. I also have spent time with a personal trainer at the gym.”

**What kinds of exercise do you enjoy?**

“I try to mix things up so I don’t get bored. I try new exercises. Usually I start with a 5-minute warm-up, like a slow walk on the treadmill. Then I play about 30 minutes of basketball, which is a good cardio workout. Then I spend about 30-45 minutes lifting weights in the weight room.”

**What is your exercise routine like?**

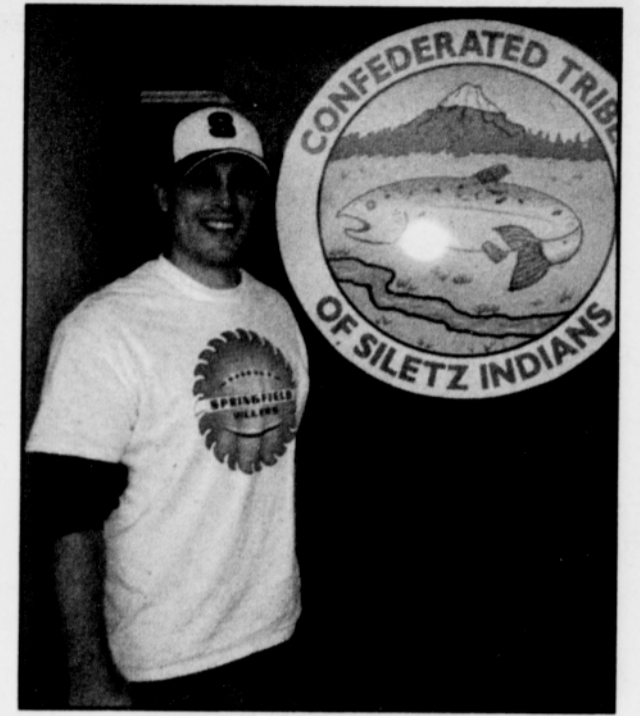
“I exercise four days a week for about 1½ to 2 hours.”

**How has exercise improved your life?**

“It has helped me lose weight. Losing weight gave me self-confidence. I don’t feel depressed anymore. I sleep better at night. I can tie my shoes now without cutting my air off when I bend over.”

**What advice would you give other Tribal members who might want to make changes to be healthier and more active?**

“It’s not always easy to do something new, like make lifestyle changes, but once



*Courtesy photo from Adrienne Crookes*

**James B. McClintock**

you do it you’ll be glad you did. You’ll feel better and wonder why you didn’t do it sooner. No matter how hard it is to get moving, don’t give up because it’s more painful, emotionally and physically, if you don’t do anything. You’ll become a happier person and that affects your relationships with other people. If you are looking for a gym to exercise at, visit several of them to find the one that is right for you.”

Those definitely are encouraging words! Thank you for sharing your story with us, James.

**Nutrition, the southwest and annual auction highlight Head Start activities**

*By Lori Jay-Linstrom, Parent Involvement Coordinator*

With the flurry of the holidays and the new year over with, Siletz Tribal Head Start would like to take this opportunity to say a huge thank you to the Siletz Tribal Council, Chinook Winds Casino Resort, Tribal program staff, Head Start parents and all our community partners.

The support we receive from these different organizations, parents and Tribal entities – donations for our annual raffle, presentations at our parent meetings and volunteers in our classrooms – continues to affirm the importance of our Head Start program in the different counties.

We are now into February and Head Start is busy. For our parent meetings in February, we will have speakers on nutrition. It’s also National Children’s Dental Health Month.

The classrooms will launch into our southwest segment, in which they will learn about Tribes such as the Hopi and other Pueblo Indians, their culture and much more.

This month, the Lincoln City classroom will turn its focus to those special people in the community who help keep neighborhoods safe and livable. The students look forward to meeting firemen, police officers, grocers, bakers and others who are actively involved in making the community a better place.

If you are interested in coming into the classroom or having our class visit your place of business, please contact Siletz Tribal Head Start at 541-994-0400.



*Courtesy photos by Head Start staff*

Head Start students in the Lincoln City classroom trick-or-treat at Halloween (left) and enjoy Christmas crafts (below). The far north region was an area of focus in January.

Also this month, the Siletz, Texas and Lincoln City centers all are planning a field trip to the Oregon Coast Aquarium. This will be great reinforcement of lessons learned about the ocean.

The Dee-Ni focus words are friend, house, street, teacher and town.

If you have any curriculum ideas or things you would like to share with our classrooms, Head Start would love to hear from you. Please call 541-444-8350 or 800-922-1399, ext. 1350.

Head Start parents are collecting items for our annual raffle. Last year, we had more than 100 items to give away. We are looking to collect that same amount this year if not more.

We will collect items through February and then raffle tickets will be on sale in March and April. You will be able to buy tickets from parents and staff.

