

Apply for elk tag drawing to hunt on Tribe's LOP lands

The Tribal Natural Resources Department once again will offer a limited number of landowner preference (LOP) elk tags to Tribal members for this fall's hunting season. As a landowner, the Tribe is eligible to participate in the State's LOP program. Based on the number of acres the Tribe owns, we can get six additional antlerless elk tags from the State. These LOP tags are not related to the Tribe's Consent Decree tags we receive each year. They are based solely on the Tribe being a landowner.

There are a number of important differences between the LOP tags and the Tribe's regular tags. These are summarized in the table below.

	Tribal Tags	LOP Tags
State License Required?	No	Yes
Area to be Hunted	Anywhere within the specific tag's hunt boundaries	Only on Tribal land within the unit selected during that unit's antlerless elk season. Units available include Thompson Creek, SW Alsea, SW Alsea Private Lands and West Siuslaw
Eligible for other State elk tags?	Yes	No*
Give tag to another Tribal member to hunt for you?	Yes	No
Application and Selection Process	Apply to Tribe for Tribal drawing	Apply to Tribe for LOP drawing; if selected apply to State for tag (list LOP as first choice on State application)
Obtain Tag From	Tribe	State

* **Note: If you are drawn for an LOP tag, you still are eligible to apply for and be drawn for a Tribal tag.**

Please note that a major difference between the LOP tags and the Tribe's regular tags is only the person drawn for the tag can hunt that tag. **The tag cannot be given to someone else to hunt for you.** Therefore, only those folks serious about hunting this hunt themselves are eligible to apply.

The drawing for the six LOP elk tags will be held at the Natural Resources Committee meeting on **April 4 at 4:45 p.m. in the Natural Resources Department Map Room.**

Applications are available on the Tribal website and at the Tribal Natural Resources office in Siletz after March 1. Completed applications are due in the Natural Resources office by **4:30 p.m. on March 25, 2011.**

For more information regarding these tags and the differences between the Tribe's regular tags and the LOP tags, contact Natural Resources Manager Mike Kennedy at 541-444-8232 or 800-922-1399, ext. 1232.



Courtesy photo from Adapt Engineering

Location of the new cell phone tower as seen from Judd Road on Government Hill

Cell phone tower, con't from page 1

and available to the public in early March. The decision is then subject to a 30-day appeal period. If no appeals are received, the project moves forward with completion tentatively scheduled for early summer.

Service Coverage Area

According to AT&T, the new cell tower will provide "excellent coverage" for approximately 12 square miles of the immediate area, extending three miles north and two miles south of the city along Highway 229 and more than two miles east along Logsdan Road. "Good coverage" is expected to include 32 square miles, while "fair coverage" will extend even farther.

The height of the tower will allow other cell phone carriers the option of

co-locating their antennas on the tower and it should be available for the location of other community-related equipment, such as that of the Siletz Valley Fire Department.

The cell phone tower is just one of many investments the Tribe has made in the community. Other examples include funding for Siletz Valley Schools, the Siletz Public Library and the Siletz Valley Fire Department; building the Tillicum Fitness Center, the gymnasium and the new Siletz Community Health Clinic; and providing water tanks and street and sidewalk improvements in Siletz.

Additionally, the Tribe contracts with the Toledo Police Department for law enforcement services in the community.

General Council Meeting

Feb. 5, 2011 • 1 p.m.

Siletz Tribal Community Center

Siletz, Oregon

Call to Order
Invocation
Flag Salute
Roll Call
Approval of Agenda
Approval of Minutes

Programs:
• Elder's Program and Budget

Tribal Members' Concerns

Chairman's Report

Announcements

Adjourn

Heart disease and what puts you at risk

By Sharon L. Mason, CHAI

Heart disease is the leading cause of death in the United States and is a major cause of disability.

The most common form of heart disease in the United States is coronary heart disease (appears as a heart attack). In 2009, an estimated 785,000 Americans had a new coronary attack and about 470,000 will have a recurrent attack.

About every 25 seconds, an American will have a coronary event and about one every minute will die from one.

People who have survived a heart attack can work to reduce their risk of another heart attack or a stroke in the future by taking steps to control factors that put people at greater risk. Knowing the signs of a heart attack also is important for the best results after having a heart attack.

Other conditions that affect your heart or increase your risk of death or disability include arrhythmia, heart failure and peripheral artery disease (PAD). High cholesterol, high blood pressure, obesity, diabetes, tobacco use and secondhand smoke also are risk factors for heart disease.

Some heart attacks are sudden and intense. Most heart attacks, however, start slowly with mild pain or discomfort. Often people affected aren't sure what's happening and wait too long before getting help. Between 70 percent and 89 percent of sudden cardiac events occur in men.

Following are signs that can mean a heart attack is happening:

- Chest discomfort: Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes or goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body: Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath: May occur with or without chest discomfort.
- Other symptom signs: These may include breaking out in a cold sweat, nausea or lightheadedness.

A healthy diet and lifestyle are the best weapons you have to fight heart disease. Exercising 20 minutes per day is a good start. Following are other recommended suggestions:

- Choose lean meats and poultry without skin. Prepare in non-saturated fats and use zero trans fats.
- Reduce cholesterol and salt intake.
- Limit sugars in food and drinks.
- If you drink alcohol, drink in moderation – one drink per day for a woman, two drinks per day for a man.
- Reduce food portion size. Use a salad plate instead of a dinner plate.

Although heart disease is thought of as a man's disease, it's the leading cause of death for both men and women in the United States. Women account for nearly 50 percent of heart disease.