

New Babies!



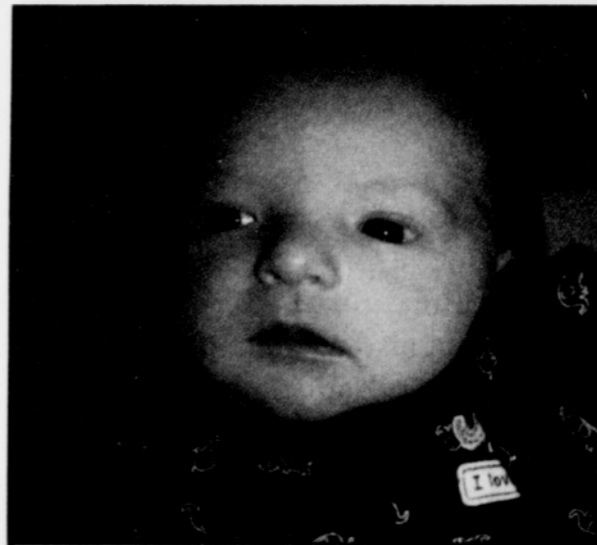
Pensee Angel De Anda

Proud De Anda family of
Pensee Angel De Anda

April 28, 2011

6 pounds, 19 inches

The third great-nephew of
Sister Francella Griggs
Named after John Pensee
Honoring our Ancestors



Lakota James Blacketer

**Lakota James
Blacketer**

Welcome Lakota James Blacketer, who was born April 18 at 7:53 a.m. He was 8 pounds, 14 ounces and was 21 inches long.

Lakota joins sisters Trinity and Madison Blacketer. His parents are George and Sabrina Blacketer.

June is Men's Health Month: Time for annual exams to help you stay healthy

The purpose of Men's Health Month is to heighten awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

This month gives health care providers, public policy makers, the media and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. The response has been overwhelming with thousands of awareness activities in the United States and around the globe.

Men's health facts

- Men die at higher rates than women from the top 10 causes of death.
- Men are victims of more than 92 percent of workplace deaths.
- In 1920, women lived on average one year longer than men; that margin now has increased to six years.
- Women are 100 percent more likely to visit the doctor for annual examinations and preventive services than men.
- Men are 4-6 times more likely to commit suicide than women.
- Men suffer hearing loss at twice the rate of women.
- By age 100, women outnumber men by 8 to 1.
- Men have higher rates than women of heart disease, cancer, injuries, stroke and HIV/AIDS.

Help make sure the man in your life gets the medical screening and attention he needs. The Siletz Community Health Clinic accepts appointments for men's health checks that can be performed by one of the clinic's male physicians, Dr. Warren Sparks or Dr. Stewart Tuft, if preferred.

In addition, we will have health and wellness fairs in Siletz and all area offices this summer – a great and non-threatening way to get checked for high blood pressure, cholesterol and diabetes.

Screening tests for men: What you need and when

Screening tests can find diseases early when they are easier to treat. Health experts from the U.S. Preventive Services Task Force have made recommendations, based on scientific evidence, about testing for the conditions below. Talk to your doctor about which ones apply to you and when and how often you should be tested.

The items below are general guidelines that will vary from person to person:

- Obesity: Have your body mass index (BMI) calculated to screen for obesity (BMI is a measure of body fat based on height and weight).
- Cholesterol: This should be screened regularly starting at age 35. If you are

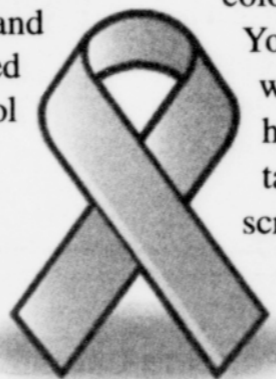
younger than 35, talk to your doctor about whether to have your cholesterol checked if you have diabetes, high blood pressure, you smoke or heart disease runs in your family.

- Blood pressure: This should be checked annually.
- Colorectal cancer: Have a test for colorectal cancer starting at age 50. Your doctor can help you decide which test is right for you. If you have a family history of colorectal cancer, you might need to be screened earlier.

- Diabetes: Have a test for diabetes if you have high blood pressure or high cholesterol. The frequency of this screening will depend on your risk factors for diabetes, but in general the age of diabetes screenings keeps getting younger and younger because of the high prevalence of the disease.
- Depression: Your emotional health is as important as your physical health. If you have felt down, sad or hopeless during the last two weeks or have felt little interest or pleasure in doing things, you may be depressed. Talk to your doctor about being screened for depression.
- Sexually transmitted infections: Talk to your doctor to see whether you

should be tested for sexually transmitted infections.

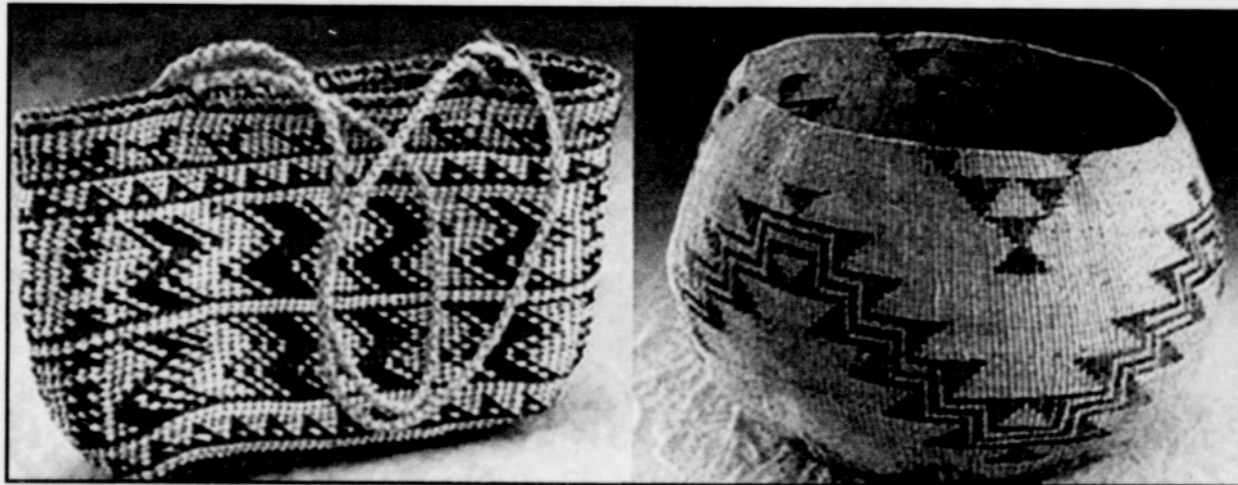
- HIV: Talk to your doctor about HIV screening if you are sexually active.
- Physical exams: By age 40, men should have a complete physical exam, including labs and urinalysis, every two years. By age 50, this should increase to a yearly exam.
- EKG: By age 30, men should have a baseline EKG of their heart. The frequency of EKGs will depend on physician's advice, but in general men should have one every three years by age 50.
- Tetanus booster: This should be given every 10 years to prevent tetanus or "lock-jaw."
- Rectal exam and hemoccult: This is performed to diagnose prostate and gastrointestinal health and now is recommended to be done by age 40-50 and followed up according to your physician's advice.
- PSA: This blood work is recommended annually for men by age 50 and is a blood marker of prostate cancer.
- Testicular self-exams: These are recommended to be done monthly by all men starting in their teens.
- Dexascan: This is a bone density test for osteoporosis or "thinning of the bones" and is recommended for men at age 60.



Applications due for board of new Siletz Tribal Arts and Heritage Society

The Siletz Tribal Arts and Heritage Society (STAHS) is a newly incorporated non-profit corporation whose mission is to:

1. Develop resources for the construction and implementation of a cultural center and museum where Tribal artifacts and representation of Tribal history and culture can be maintained.
2. Oversee the day-to-day activities and administration of the cultural center/museum.
3. In cooperation with the Cultural staff employed by the Siletz Tribe, to:
 - Promote programs that encourage the revitalization and practice of Tribal cultural and religious



activities and the restoration of Tribal religious and cultural sites and locations.

- Provide a variety of outreach, educational and training programs, both locally and through-

out the region, related to the culture and traditions of the Siletz and other indigenous people of the Pacific Northwest.

- Promote programs that will encourage economic develop-

ment of the Tribe through traditional arts and crafts and other culturally appropriate methods.

Tribal member status is not required for all positions on the board.

Any individual interested in serving on the board of STAHS must fill out an application form and return it by June 8. Applications and job descriptions are available from the Executive Secretary to Tribal Council, P.O. Box 549, Siletz, OR 97380-0549; fax: 541-444-8325.

Tribal Council will review applications and approve appointments at its regular meeting in June 2011.

If you have any questions about the application process, please call 541-444-8203 or 800-922-1399, ext. 1203.