

All of Siletz Clinic is tobacco-free

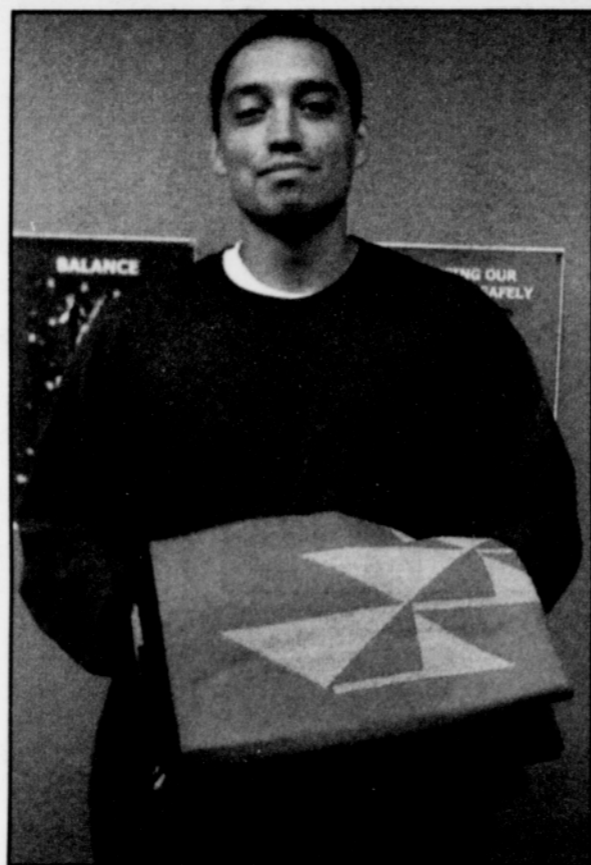
The Siletz Community Health Clinic property is 100 percent tobacco-free. The policy prohibits all tobacco use by everyone – no smoking in your car, in the parking lot or on clinic property.

We do not provide any cigarette disposal units, so please keep all of your tobacco products in your personal vehicle.

- We do not have designated smoking areas!
- No smoking in the parking lot!
- No smoking in your car in the parking lot!
- No smoking behind the building!
- No littering of cigarette butts!

We appreciate your understanding and willingness to work with us to keep our clinic tobacco-free and clean.

Pharmacy Hours
Siletz Community Health Clinic
 Monday – Thursday:
 8:30 a.m. to 5 p.m.
 Friday: 10 a.m. to 5 p.m.
 Closed for lunch: 12:30-1 p.m.



Joshua Holmes



Mandy Fourier, Nicole Jenkins and Tracy Simpson

Courtesy photos

4 in Siletz graduate with GEDs, move on to jobs, college

On behalf of the 477 Self-Sufficiency Program, we would like to congratulate four recent GED graduates from the Siletz community – Mandy Fourier, Joshua Holmes, Nicole Jenkins and Tracy Simpson.

All four graduates were very determined, focused and self-motivated in

obtaining their GEDs. They made earning their GED a top priority by showing up on a regular basis and keeping their futures and families in mind. All four students kept a positive and ambitious attitude while accomplishing a goal that will continue to make their lives brighter.

Fourier, Holmes, and Simpson cur-

rently are employed at various locations in Lincoln County, while Jenkins continues to further her education and will attend college in the fall.

Fourier, Holmes, Jenkins and Simpson are very ambitious and gracious individuals who will do great things in life and be assets to our community. Congratulations!

Election Board Application

Deadline for consideration to be appointed to the Election Board is 4:30 p.m. on Aug. 17, 2011

Tribal members interested in serving on the Election Board must fill out the following form and return it to the address below prior to the end of business on August 17, 2011.

All applications are to be mailed to Confederated Tribes of Siletz Indians, Attn: Executive Secretary to Tribal Council, P.O. Box 549, Siletz, OR 97380-0549; or submitted by fax to 541-444-8325.

Name: _____ Roll No: _____

Address: _____

City: _____ State: _____ ZIP: _____

Telephone: Day () _____ Evening () _____

USDA distribution dates for August

Siletz

Monday	Aug. 1	9 a.m. – 3 p.m.
Tuesday	Aug. 2	9 a.m. – 3 p.m.
Wednesday	Aug. 3	9 a.m. – 3 p.m.
Thursday	Aug. 4	9 a.m. – 3 p.m.
Friday	Aug. 5	9 a.m. – 3 p.m.

Salem

Monday	Aug. 15	1:30 – 6:30 p.m.
Tuesday	Aug. 16	9 a.m. – 6:30 p.m.
Wednesday	Aug. 17	9 a.m. – 4:30 p.m.
Thursday	Aug. 18	9 – 11 a.m.

As you know, we had a recipe contest with a first prize of an iPod Shuffle and \$30 in iTunes cards. The results are as follows:

- 1st Daniel Brown, Pork Chop Suey
 2nd Wendi Schamp, Hearty Chicken Soup

- 3rd Yvonne Messmer, Lettuce Wraps
 4th Joseph Luledjian, Beef Noodle Stew
 5th Pam Barlow-Lind, Easy Apple Cake
 6th Pam Barlow-Lind, Sweet Italian Sausage and Cabbage
 7th Rosie Williams, Tamale Pie
 8th Natasha Kavanaugh, Did You Say Salad

Thank you to all who submitted a recipe and took the time to vote. We appreciate your interest and will publish the recipes in upcoming issues of the newspaper.

You can reach us at our Siletz warehouse at 800-922-1399, ext. 1393 or 1279, or you can call direct at 541-444-8393 or 541-444-8279.

Joyce Retherford
 USDA Food Program Director
 Derek Simmons
 USDA Food Program Clerk

Siletz veterans office open daily to help you

Tony Molina is available for all Siletz Tribal veterans. He is in the Tribal administration building in Siletz on Monday-Friday to help you get information for your VA benefits.

Additionally, he needs your help to update our veterans' roster, especially for those who are currently serving.

Call Tony at 541-444-8330 or 800-922-1399, ext. 1330.

10 tips liven up your meals with vegetables and fruits

10 tips
 Nutrition Education Series



10 tips to improve your meals with vegetables and fruits

Discover the many benefits of adding vegetables and fruits to your meals. They are low in fat and calories, while providing fiber and other key nutrients. Most Americans should eat more than 3 cups—and for some, up to 6 cups—of vegetables and fruits each day. Vegetables and fruits don't just add nutrition to meals. They can also add color, flavor, and texture. Explore these creative ways to bring healthy foods to your table.

1 fire up the grill
 Use the grill to cook vegetables and fruits. Try grilling mushrooms, carrots, peppers, or potatoes on a kabob skewer. Brush with oil to keep them from drying out. Grilled fruits like peaches, pineapple, or mangos add great flavor to a cookout.

2 expand the flavor of your casseroles
 Mix vegetables such as sauteed onions, peas, pinto beans, or tomatoes into your favorite dish for that extra flavor.

3 planning something Italian?
 Add extra vegetables to your pasta dish. Slip some peppers, spinach, red beans, onions, or cherry tomatoes into your traditional tomato sauce. Vegetables provide texture and low-calorie bulk that satisfies.

4 get creative with your salad
 Toss in shredded carrots, strawberries, spinach, watercress, orange segments, or sweet peas for a flavorful, fun salad.

5 salad bars aren't just for salads
 Try eating sliced fruit from the salad bar as your dessert when dining out. This will help you avoid any baked desserts that are high in calories.

6 get in on the stir-frying fun
 Try something new! Stir-fry your veggies—like broccoli, carrots, sugar snap peas, mushrooms, or green beans—for a quick-and-easy addition to any meal.

7 add them to your sandwiches
 Whether it is a sandwich or wrap, vegetables make great additions to both. Try sliced tomatoes, romaine lettuce, or avocado on your everyday sandwich or wrap for extra flavor.

8 be creative with your baked goods
 Add apples, bananas, blueberries, or pears to your favorite muffin recipe for a treat.

9 make a tasty fruit smoothie
 For dessert, blend strawberries, blueberries, or raspberries with frozen bananas and 100% fruit juice for a delicious frozen fruit smoothie.

10 liven up an omelet
 Boost the color and flavor of your morning omelet with vegetables. Simply chop, saute, and add them to the egg as it cooks. Try combining different vegetables, such as mushrooms, spinach, onions, or bell peppers.

USDA
 Center for Nutrition Policy and Promotion

Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 10
 June 2011
 USDA is an equal opportunity provider and employer.