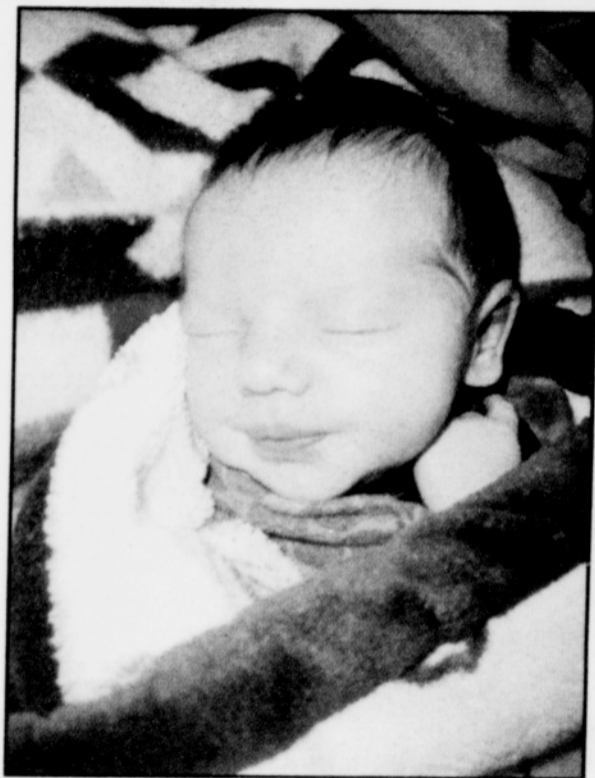


## New Babies!



### Carter Ray Mason

Sahaylee and Connor welcome their new baby brother, Carter Ray Mason. Carter was born July 29, 2011, at 2:01 p.m. He weighed 6 pounds, 14 ounces and was 19½ inches long.

The Rilatos and Mason families are very proud of their newest addition



### Stella Evelyn Havranek

Lawney and Charlotte would like to announce the birth of their new daughter, Stella Evelyn Havranek, on Aug. 4, 2011, at 8:35 a.m. She weighed 11 pounds and was 22 inches long.

She joins sisters Olivia and Iris and brother LJ.

## Claudine Dorinda Holmes – 1965-2011

Claudine Dorinda Holmes, 46, of Salem, Ore., died July 17, 2011. She was born Feb. 22, 1965, in The Dalles to Loren and Donna (Logan) Holmes.

She was preceded in death by her spouse, Steven McKinney; a child, Tina Mabe; siblings Kenny Holmes and Kathy Holmes; and mother, Donna Holmes.

She is survived by her fiancé, Jimmy A. Hoy; children Todd Mabe and Shatara Holmes; siblings Buckskin Holmes, Steve Holmes, Dennis Holmes and Chad Leno; father Loren Holmes; and four grandchildren.

She was a member of the Confederated Tribes of Siletz Indians.

Ceremonies were held in the Siletz Tribal Dance House from the evening of July 20 through sunrise on July 22. A funeral was held at the Grand Ronde Tribal Gym on July 22, with a viewing at Spirit Mountain Casino, followed by interment at the Holmes Family Cemetery in Grande Ronde and a potluck reception at the Grande Ronde Community Center.



### 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.

## Smoking may cost more than you think – how much do you spend yearly?

Do you know how much you spend on smoking based on an average price per pack on one pack a day? Talk to your health care provider today about quitting – you'll save more than you think!

This is approximately what you're now spending on cigarettes in Oregon:

Price per pack	4 weeks	12 weeks	1 year	5 years
\$5	\$140	\$420	\$1,825	\$9,130

Tasha Mason  
541-444-9659 or 800-648-0449, ext. 1659  
tasham@ctsi.nsn.us

Oregon Quit Line  
800-QUIT-NOW  
oregonquitline.org

## September is National Cholesterol Awareness Month

High cholesterol puts your health at risk and can cause heart disease and heart attacks. Heart disease is the No. 1 killer in the U.S. – it kills more people than cancer, stroke or illness.

The dangerous part about cholesterol is that it's a silent disease, meaning you don't know you have high cholesterol without getting tested. This is one reason why seemingly healthy people have heart attacks without warning.

Cholesterol is waxy substance a bit like fat that builds up in your blood vessels the way the pipes to your kitchen sink get buildup. Cholesterol can clog your blood vessels (your pipes) and also break off in chunks that can block blood vessels and cause things like heart attacks and strokes. Buildup also can affect the circulation in your legs, causing pain with exercise.



There are several types of cholesterol but doctors focus on bad (LDL) and good (HDL) cholesterol when determining if medication is needed to treat your levels. High cholesterol tends to run in families and the risk of having high cholesterol gets higher for you as you get older, weigh more, are less active and eat high-fat foods

such as dairy products, butter, mayonnaise, oils, fried foods and fast food.

Many people think only older people have high cholesterol, but high cholesterol is showing up in younger and younger people now. Overweight children with high-fat diets who have parents or grandparents with heart disease also are at risk for high cholesterol.

In general, the higher the HDL and lower the LDL, the healthier your blood vessels and heart will be.

Luckily, there are many ways to prevent and treat high cholesterol. Treatment depends on which cholesterol levels are high and other health problems you might have. You may be able to help your cholesterol with diet changes and exercise, but please talk to your medical provider first.

## Time to gather materials to make baskets

Summer is here and it's time to continue gathering materials for Siletz baskets.

Hazel stick gathering is a must for anyone interested in making traditional Siletz baskets. Spruce root can be dug all year round and is used for the weavers or weft of Siletz baskets.

Bear grass and maidenhair fern are used for overlay to make our traditional designs or marks in our baskets and both are picked in late summer.

Any Tribal members interested in gathering can call Bud Lane at 800-922-1399, ext. 1320, or 541-444-8320, or e-mail budl@ctsi.nsn.us. Just a reminder – basket materials must be gathered in a timely fashion.

### September

Bear grass, maidenhair fern, woodwardia fern, spruce roots

### Siletz veterans office open daily

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.

### A note from our veterans coordinator

By Tony Molina

All of our veterans and families can call me 24/7 at home at 541-444-2828 or on my cell at 541-272-2818. This will help since I'm only in the office part-time. My office number is 541-444-8330 or 800-922-1399, ext. 1330.

I thank all of our veterans for their service to our nation. Thank you!