

# Tribes show they are 'Standing Strong' during event at Oregon State Fair

## Five Western Oregon Tribes use venue to share culture, heritage

By Natasha Kavanaugh

Siletz Tribal members and staff were again present at the opening day of the Oregon State Fair on Aug. 25 for a presentation entitled "Standing Strong."

They joined representatives from the five Western Oregon Tribes – Confederated Tribes of Siletz Indians; Confederated Tribes of Grand Ronde Indians; Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians; Coquille Indian Tribe; and the Cow Creek Band of Umpqua Tribe of Indians – in a celebration of Tribal culture and heritage that featured Tribal royalty, music, drumming, dancing and art demonstrations.

Siletz Tribal Council member Sharon Edenfield welcomed the visitors.

"I appreciate the opportunity to be here and to be able to share our rich culture and history," she said. Edenfield also explained that this is a valuable venue for the Tribe to share its information.

Nick Sixkiller, education specialist in the Eugene Area Office, and Angela

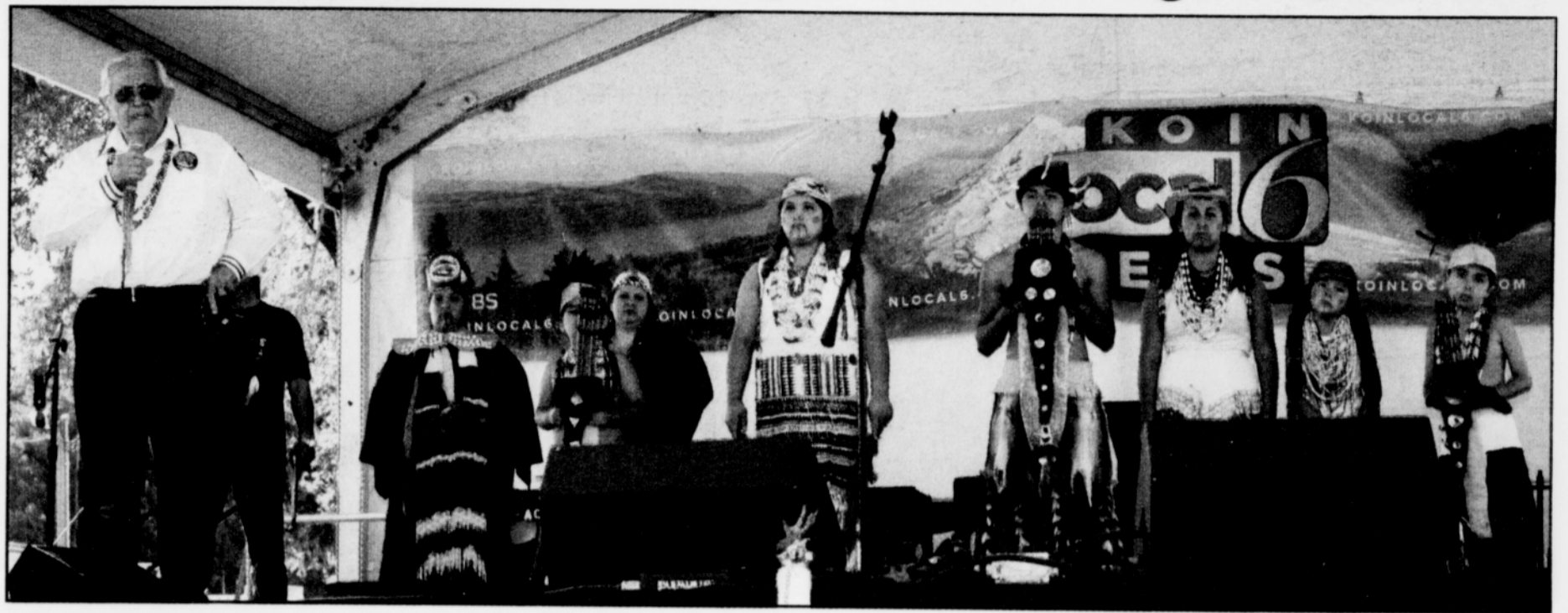


Photo by Natasha Kavanaugh

Tribal Elder Ed Ben, Nick Sixkiller, Miss Siletz Jennifer Easter, Gabriel Jurado, Angela Ramirez, Ashliegh Ramirez, Cristian Ramirez, Jr. Miss Siletz Clarinda Black, Teila Salas and Evan Jurado participate in "Standing Strong" activities at the Oregon State Fair in Salem, Ore.

Ramirez, cultural education director, explained the significance of pieces of regalia worn by the feather dancers.

"It was wonderful to have our youth standing proud in their Nee-Dash regalia while the regalia and ceremony of today was explained," said Ramirez.

Miss Siletz Jennifer Easter explained

the significance of the women's chin tattoos as she understands them.

"Having one of the women that has chosen to be marked with the 111 tattoo to be present to explain the meaning was outstanding," said Ramirez.

Visitors listened to Ed Ben as he shared the significance of the Feather

Dance before Restoration and that the ceremonies ended for a time because they were not allowed to continue by the government.

"Overall the participation from Siletz was an opportunity to educate the general public on our culture and that we still hold strong to our traditions," said Ramirez.



Photo by Natasha Kavanaugh

Members of the Siletz community attend the Walk It Off Barbeque Garden Party on Aug. 31, which was sponsored by the Healthy Traditions Project. A feast of healthy foods, such as salmon burgers and grilled vegetables, accompanied a trek on the walking trail near the Tillicum Fitness Center.

## Oct. 20 is World Osteoporosis Day: Check your risk

### DEXA scan can see density of your bones

Osteoporosis – or fragile bones – affects an estimated 75 million people. About 9 million new fractures in the world per year are attributed to osteoporosis.

One in three women over age 50 will experience osteoporotic fracture, as will one in five men. Several risk factors can help predict increased odds of developing osteoporosis:

1. Age: The older you get, the higher your risk.
2. Sex: Women are more likely than men to develop osteoporosis.
3. Family history: Osteoporosis runs in families.
4. Low body weight: This is a risk for osteoporosis.
5. Race/Ethnicity: Lighter-skinned people are more at risk.
6. Hormones: Menopausal women stop making estrogen, which puts them at risk. Also, men with decreased testosterone are at risk.
7. Smoking: This has been linked to osteoporosis.
8. Diet: Those lacking calcium and vitamin D are at risk. People who live in upper latitudes (that includes Oregon) have less vitamin D as it relates to sun exposure. Caffeine and high-salt diets also prohibit calcium absorption.
9. Medications: Steroids, some seizure medications, some antacids, Lupron, lithium, heparin, Depo-Provera, methotrexate, Prilosec and similar medications have been linked to osteoporosis.
10. Medical conditions: People who suffer from hyperthyroid, celiac, anorexia, inflammatory bowel disease and rheumatoid arthritis are at risk.

The test for osteoporosis is called bone density testing or a DEXA scan. Menopausal women and men over age 65 or at risk because of the criteria above need DEXA scan testing. A DEXA scan lasts about 10 minutes.

If you are at risk, get tested. Make necessary diet changes to make sure you get the right amount of calcium and vitamin D. It's never too late to address muscle stretching, strengthening and balance, all important tools in the fight against osteoporosis.

## Voc Rehab Program needs volunteers for advisory group

The Siletz Tribal Vocational Rehabilitation Program (STVRP) is looking for Tribal members to serve on its Advisory Committee.

STVRP helps Tribal members with disabilities in the 11-county service area to achieve and maintain employment and independence within the Tribal community.

If you are interested in serving on the STVRP Advisory Committee, please contact Sharmon Cook-Wright at 800-922-1399, ext. 1213, or 541-444-8213; or e-mail sharmonc@ctsi.nsn.us.

## Emergency dental visits available

Please contact the Siletz Community Dental Clinic if you experience dental pain or a dental emergency. The staff will do everything possible to see you as soon as reasonably possible.

Because of high volume, check-in time is Monday-Thursday from 8:30-9 a.m. and Friday from 10-10:30 a.m. Afternoon check-in time is Monday-Friday from 1-1:30 p.m.