

# Wilma Rose Strong – 1931-2014

Wilma Rose Strong, 83, of Siletz, Ore., joined the Lord on July 13, 2014, in Lincoln City, Ore. Wilma was born to Joseph and Mary Brown Washington on Jan. 17, 1931, in Siletz.

She attended Chemawa Indian School and school in Siletz. Wilma was employed by the Confederated Tribes of Siletz Indians in social services until retirement.

On July 26, 1949, she married Stanley Strong in Vancouver, Wash. Together they had eight children.

Wilma was a member of the Confederated Tribes of Siletz Indians and the

Assembly of God Church. She enjoyed crocheting, beading, praying, telling Bible stories and being with family.

Wilma was preceded in death by her husband, Stanley, and children Stanley Jr., Gayle, Rowenda, Norman, Royce and William.

Wilma leaves behind a family that is ever so grateful for having such a wonderful and loving mom, grandma and great-grandma.

Wilma is survived by sons Joel Strong of Siletz and Jack Strong of Depoe Bay, Ore.; daughters Joella Strong and Rosa

Mason, both of Siletz; grandsons Corey Strong and Marcos Muniz-Strong of Siletz; granddaughters Angela Martin and Alina Mason of Siletz, 10 great-grandchildren and four great-great-grandchildren.

Also surviving are her sisters Joan Washington, Lorna Martin and Cynthia Lozano of Salem, Ore.; and Pauline Montana of Portland, Ore.; and numerous nephews and nieces.

A memorial service was held July 19 at the Siletz Tribal Community Center in Siletz and interment was at the Paul Washington Cemetery.



File photo

Jack Strong and Wilma Strong in 2013



Courtesy photo

Clarice Elvina Lane

# Clarice Elvina Lane – 1928-2014

Clarice Elvina Lane was born Dec. 27, 1928, in Eugene, Ore. She passed away June 8, 2014, peacefully in her sleep at her home in National City, Calif., with her family by her side.

Services were held June 16 in Siletz, Ore., with interment at the Paul Washington Cemetery.

Clarice was raised in Siletz, where she met and married her high school sweetheart, Alfred Lane Jr., her husband of 67 years. Alfred’s Navy career brought the family to National City in 1960, where they raised their seven children.

Clarice later earned a degree in early childhood development and became the director of a chain of early learning cen-

ters, retiring in 1987. Over the next 25 years, they traveled extensively.

Clarice is survived by her husband, Alfred Lane Jr.; her sister, Kathleen Overton of Lakeview, Ore.; her seven children – Christy Cadena of Alpine, Calif., Alana Stein of Ramona, Calif., Dona James of Lakeside, Calif., Alfred “Bud” Lane III of Siletz, Randy Lane of National City, Paula Espino of Poway, Calif., and Brett Lane of Siletz; 18 grandchildren; 18 great-grandchildren; sons-in-law; daughters-in-law; and numerous nieces and nephews.

A celebration of life was held at Admiral Baker Field Clubhouse in San Diego on July 12.

We will celebrate her every day for the rest of our lives.

The family of Clarice Lane would like to thank everyone who assisted us with her service in Siletz on June 16. Thanks to all those who helped set up the community center, prepare and serve the food, carry the flags and switch the hall over for dinner and cleanup. Also all of those who worked behind the scene, doing the things that made the service for our mother extra special. Thanks to everyone who took the time to be with us that day, especially those who traveled great distances. All the cards, flowers, calls and kind words were greatly appreciated. A special thank you to our cousin, William “Buster” Lane Jr., for officiating. The family of Clarice Lane

# 5 reasons you should walk more

By Zack Zeigler

More than one-third of the adults in the United States are obese, according to the eggheads at Center for Disease Control and Prevention (CDC). And over the years, that number hasn’t been getting better ... it’s been getting worse. And obesity can lead to heart disease, type 2 diabetes and much more.

But taking a daily walk can help you stay in shape – and if you are obese or overweight, it’s a low-impact way to ease into exercise. If you combine your daily jaunt with sensible dietary substitutions, like consuming fewer simple carbs and replacing soda with water, the walk can be surprisingly beneficial for weight loss. On top of that, walking also can elevate mood and alleviate stress. But that’s not all.

Here are five more reasons you should take a walk.

**1. Walking Aids Digestion:** According to research that appeared in *The New*

*York Times*, a post-meal walk can aid digestion and control blood sugar levels. Alternatively, physically moving away from the dinner table eliminates the possibility of going back for seconds, thirds or nineteenthths.

**2. Walking Is Good For Your Bones:** You won’t bulk up your quads, hammys or glutes in the same manner you would by performing load-bearing exercises like barbell squats or deadlifts, but walking still builds strength.

“Walking strengthens the legs and core, and improves cardiovascular fitness,” says Lisa Lynn, PT, FT, a specialist in performance nutrition. “In fact, walking strengthens the bones better than biking, swimming or elliptical training.”

Just a friendly tip: Avoid texting while walking. Researchers found that walking texters or readers were found to have shoddy balance. Stumbling into oncoming traffic while texting increases your odds of having all 206 bones in your

body smashed into bits. Plus, you might also dent the person’s car.

**3. Walking is Low Impact:** Sometimes our bodies need a break from demanding exercises like burpees, rock star hops and jump squats. But taking a time out from high-impact movements doesn’t give you permission to become a loafer.

When your goal is to lose weight, aim to walk for 20 minutes per day, suggests Lynn. If your diet isn’t as clean as it should be (put those Funyuns down right this second!), boost your walking time up to an hour per day.

“We’re supposed to be getting 10,000 steps daily,” Lynn recommends. “So how long you walk really depends on how active you are and how much you sit.”

And on the topic of sitting, use some of those steps to stand up and walk around a little at least once an hour. Prolonged time on your posterior isn’t healthy.

**4. Walking Can Improve Your Mood:** Sitting all day under florescent lights,

dealing with annoying emails and TPS reports as you watch your lunch hour blow past can be both infuriating and stressful. So go for a walk. Assuming you’re not walking through a methane garden, the new stimuli and fresh air you encounter during a walk can help calm you down and prevent you from Hulking up on your coworkers.

“A walk is a great way to clear your head and serve as a form of meditation for today’s anxious society,” Lynn explains. “It’s a fast way to boost mood ... and a great way to detox both mentally and physically.”

**5. Walking Cures Laziness:** There’s no excuse not to take a walk.

“When you don’t feel up to the hard core, overzealous exercise, walking is a huge victory,” adds Lynn. “Walking keeps our bodies pliable and our joints and muscles loose and in working order. I tell my clients that if you rest you’ll rust, but you won’t if you walk!”

# Eat from a Rainbow

By Nancy Ludwig, MS, RD, LD, Siletz Tribal Head Start Nutritionist

Children and adults need a wide variety of foods each day for nutrition. One simple way to focus on nutrition that doesn’t really require much training is to focus on a variety of colors in fruits and vegetables.

The technical word is “phytochemical.” “Phyto” means plant. Phytochemical refers to a natural substance or chemical that has health benefits.

When planning daily meals and snacks, focus on different colors. Talk about this with your children and have them participate in naming the colors and naming foods with specific colors.

Eating a variety of foods increases the chance of getting enough nutrients. Check out the lists below and circle the ones you and your family eat now. Do you eat and serve foods from all the color groups? Next, think about which foods you may want to add.

**Blue, purple or black:** Blueberries, cherries, purple grapes, plums, purple cabbage, black beans, blackberries, raisins

**Green:** Peas, spinach, broccoli, zucchini, avocado, green bell peppers, asparagus, romaine lettuce, honeydew melon, kiwi fruit, artichokes, Brussels sprouts, green apples, green pears, green beans, green cabbage, cucumbers, celery

**Orange:** Apricots, nectarines, peaches, carrots, sweet potatoes, yams, pumpkin, mango, cantaloupe, oranges, papaya, tangerines

**Red or pink:** Tomatoes, strawberries,

raspberries, watermelon, guava, pink grapefruit, cherries, blood oranges, cranberries, rhubarb, radishes, red apples, beets, red onion, red bell pepper, pomegranates

**Yellow:** Yellow bell peppers, squash, bananas, pineapple, yellow pears, corn, yellow apples, grapefruit

**White or brown:** Potatoes, white peaches, cauliflower, jicama, parsnips, turnips, onions, dates, figs, mushrooms, ginger root, brown pears

What are your favorite colorful fruits and vegetables? How can you encourage your family to eat more of them?