

Proposed Tribal Internal Audit Department Ordinance

Posted for Review and Comment.

On Sept. 18, 2015, Tribal Council introduced the Internal Audit Department Ordinance. It was read into the record and Tribal Council recommended that it be posted on the website for review and comment.

The Confederated Tribes of Siletz Indians developed this ordinance to establish clear direction and procedures for internal audit of Tribal programs and Tribal entity activities. To find the ordinance on the Tribal website (ctsi.nsn.us), go to the "Members Only" section then click on the Ordinance Review tab.

Please submit any recommended changes or questions to the Legal Department at cathernt@ctsi.nsn.us; or to the attention of Cathern Tufts, Staff Attorney, P.O. Box 549, Siletz, OR 97380-0549; or fax to 541-444-8349.

Comments must be received on or before Oct. 14, 2015, so they can be considered by Tribal Council. The Legal Department will compile the comments and report them, along with answers to any questions raised, to Tribal Council for consideration at its October meeting.

Drink choices do matter

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

This segment focuses on the beverages we choose to drink and offer to our children.

It is necessary to consume adequate amounts of fluid to maintain a healthy body. The very best beverage is water.

Other choices can include milk, diluted fruit juices, caffeine-free herbal teas and vegetable drinks. Recommended choices include nutrients without unhealthy additives.

While **milk** is provided at Head Start, it is important to consider individual tolerance and to respect cultural practices. Many children, as they grow up, lose the ability to handle the lactose in milk. They either need lactose-free milk or to choose alternative foods and beverages.

Often children drink large amounts of **fruit juice**. Many parents believe this is nutritious. This is not completely true.

One hundred percent real fruit juice, in small amounts, is great because it contains vitamins and minerals. When consumed in large amounts, however, children get too much sugar and too many calories.

Often a better choice would be a piece or two of fruit and a glass of water. Whole fruit also has fiber and is more filling.

To complicate matters, beverage labels are not always clear as to whether they are sweetened. Words like "drink" and "cocktail" mean they are not 100 percent fruit juice.

When children drink fruit juice, the recommendation is to dilute it with at least 50 percent water.

Many parents choose to introduce **soft drinks** to infants and young children. This is not recommended.

In the U.S., many school-age children drink soda every day. This habit supplies extra and empty calories from sugar or the risks from artificial sweeteners.

Caffeine and phosphoric acid can rob bones of calcium and sugar can rot teeth. Furthermore, soda takes the place of the water or other foods that we need for nourishment.

The human body is 50-75 percent **water**. Water affects every organ in the body and plays a significant role in life and maintaining good health.

Water is needed to:

- ✓ Allow blood to flow and carry nutrients to and from cells in the body
- ✓ Transport waste out of the body through urine, feces, sweat and breath
- ✓ Cool the body
- ✓ Help the brain do its job more precisely
- ✓ Lubricate joints and muscles
- ✓ Soften the skin
- ✓ Prevent constipation

Frequent water consumption is a great pattern to begin during early childhood.

Prior to a child's first birthday, parents should introduce water. Some young children will immediately like it while others will not. Either way, parents should continue to offer water daily.

If it is continually being refused, parents can try offering it when children are most thirsty. If water is the only option, most children will drink it.

Some children may be more inclined to drink water if they have a special cup or bottle that is colorful and fun to drink from. The trick is to never fill the special cup or bottle with anything other than water.

Parents can choose to establish certain patterns around when to serve water or other drinks. Parents can choose to always serve water with lunch and dinner. Other parents might choose to serve other healthy beverages with meals, but allow only water at other times during the day. Whatever pattern parents create will become the accepted routine.

If parents consistently offer water every day, children usually will get used to it and might even grow to prefer it to other drinks. Children who drink water regularly will probably continue to drink it for the rest of their lives – whereas children who drink only sweet drinks likely will never develop a taste for water.

People who drink sugary drinks instead of water consume a lot of sugar and many extra calories. This alone can lead to significant weight gain.

Water is the best drink for the body. It contains no sugar, artificial sweeteners or colors, or calories. Children who drink water have a definite health benefit over those who do not.

How much do you want to be healthy? Drink choices really do matter.



Courtesy photo

Terrell Casey recently completed the Oregon College of Art and Craft's Journeys Program, where he finished a number of fantastic projects – beaded moccasins, drum and drum stick, and a leather belt.

According to the website of the Oregon College of Art and Craft (ocac.org), the Journeys in Creativity program was founded in 2004 in partnership with OCAC, The Museum at Warm Springs and Kah-Nee-Ta by Pat Courtney Gold and the late A. Susana Santos, Tribal members of the Confederated Tribes of Warm Springs.

Gold and Santos, an OCAC alumna, sought to further the study of contemporary American Indian art and craft for Native teenagers who, through this program's encouragement, might pursue a secondary arts education or a profession in the arts.

What's in pop?

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

Let's look at the ingredients in soft drinks or pop. Most soft drinks contain sugar (in the form of high fructose corn syrup), caffeine, phosphoric acid and other chemicals or acids. Sugar has no nutritional value other than calories (also called empty calories).

The beverage is like liquid candy. One can per day can increase your child's risk of diabetes by 60 percent. One can of pop contains 10 teaspoons of sugar. One double Big Gulp contains 54 teaspoons of sugar.

Caffeine is an addictive drug and a stimulant that can affect sleep and the ability to concentrate.

Phosphoric acid weakens bones and teeth. Chronic stomach problems also can result from excess phosphoric acid. Other chemicals, or acids, in pop are acetic, fumaric and gluconic acids.

Let's now look at the financial cost of this habit. In looking at a family of six people with a consumption of four cans per day per person, in two months' time, this is 1,440 cans. These 1,440 cans, if stacked, would represent a building 42 stories high!

At an average cost of \$.90, we can calculate that for one person this is approximately \$4 per day, \$26 per week, \$105 per month, \$1,073 per year and \$6,300 in five years.

For the family of six, at the same rate, this is \$21 per day, \$150 per week, \$600 per month, \$7200 per year and \$36,000 in five years.

You can clearly see how this adds up. You may rather use it for a vacation or education.

Are there other costs? Not only is there a financial cost, but also a cost to your body. In short, the costs include poor nutrition, weight gain, poor energy level, low iron, increased risk of diabetes, increased risk of heart disease, bone loss, cavities and loss of teeth, and gum disease.

There also is concern that the high fructose corn sweeteners are even worse than sugar, leading to metabolic syndrome and increasing the incidence of diabetes.

Think about this: If a 12-ounce can of pop supplies 140-160 calories, this habit alone can contribute to a weight gain of 10 pounds per year!

What can I do? If you have a soda habit, think about why it is that you drink it. You might want to consider decreasing your intake or going through a trial period without it to see how you feel.

After a temporary withdrawal period, you might feel better and be rewarded with the benefit of cost savings.

What beverages could you drink in place of soda? There are many ways to dress up water to make it more interesting with lemon, mint or a splash of juice.

Siletz Community Dental Clinic

Contact the Siletz Community Dental Clinic if you experience dental pain or a dental emergency. Staff will do everything they can to see you as soon as possible.

Morning 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.