



Five generations of Agnes Pilgrim's family join her at the Nesika Illahee Pow-Wow in August.

Courtesy photo



Courtesy photo



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Rowan Greer qualifies for Junior Olympics

Rowan Greer, age 10 and a fifth-grader, competed in the Washington state and then the Regional USATF Junior Olympics in Portland, Ore., in shot put, 400m and 800m.

He earned top finishes in the 400m and 800m races to qualify for the USATF National Junior Olympics in Jacksonville, Fla.

Ian Greer competes in Regional Junior Olympics

Tribal member Ian Greer competed in the Washington State Junior Olympics in the 800m and 1500m races. He earned qualifying spots in both races to compete in the USATF Regional Junior Olympics in Portland, Ore.

Both Ian and his brother, Rowan, are in training for the USATF Junior Olympics Cross Country. The state, regional and national meets take place in November and December.

Transition from soft drinks to water

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

Ingredient options (see photo for examples)

- Sparkling water (seltzer water or club soda)
- Splash of juice (starting with half volume and reducing to an actual splash)
- Ice cubes
- Fresh or frozen berries or sliced fruit (for a special treat)
- Sprig of fresh mint or basil (option)

Tips

At first, replace soft drinks with seltzer water or club soda. This does not save money, but serves as a gateway to healthier options. If you stay on the carbonated water kick, you may want to invest in a small carbonation machine.

When you first make sparkling juice drinks, start with half the volume in juice and decrease the amount from there all the way down to only a splash.

Don't forget the embellishment of a simple wedge of lemon or lime. Cucumbers also are a refreshing option.

For fun or special occasions, dress up your beverage with fresh or frozen berries or sliced fruit.



Another special option when available is fresh mint or basil. I've also used other herbs, such as a small rosemary sprig. Use your imagination. I really like peach with lemon and basil.

While you are reducing your pop or soft drink habit, if you find yourself at a self-serve fountain looking at an array of soft drink options, remember that there is

often a button for carbonated water only (without syrup) in a similar place to where you find the water only button. There is often no charge for water, which also is beneficial to the budget. Many times lemons are available as an option as well.

When in a restaurant, carbonated water from the soda machine is often an option. You just need to ask. Usually there is no charge. This works for children and adults.

For those adults who go to bars or taverns and avoid alcohol, carbonated water from the bar tap is an inexpensive option. Remember to tip your server if you are in for a long night of drinking water.

In the end, your goal is to drink unsweetened water with minimal additions, but every now and then you may want to celebrate by dressing up your water with creative options.

Please share your ideas with me. Siletz Tribal Head start offers my time at no cost to you to support family nutrition over the telephone. Please contact me if you have nutrition concerns about your Head Start child. I can be reached through your teacher to schedule a phone call or by email at creativeenergy@nancyludwig.com.

If you have not sent in an application for your child to attend **Siletz Tribal Head Start**, it's not too late. Call 541-444-2532 or 800-922-1399 to request that an application be sent to you.

Applications also are available on the Tribal website (ctsi.nsn.us) and at the Siletz, Salem and Portland area offices.

Natural Resources Department Contractors List

The Tribal Natural Resources Department periodically solicits bids from contractors for a variety of work.

If your company would like to be included on our lists to receive requests for bids/proposals for any of the services listed below, please contact Natural Resources Manager Mike Kennedy at 541-444-8232 or 800-922-1399, ext. 1232, to be put on the appropriate list.

- Tree Planting
- Precommercial Thinning
- Hazard Tree Removal/
- Tree Trimming
- Mechanical Brush Cutting
- Logging Road Construction/
- Maintenance
- Logging
- Log Hauling
- Timber Falling
- Herbicide Spraying
- Concrete Construction
- Statistical Analysis
- Macroinvertebrate Identification
- Water Quality Monitoring/Analysis