

Taft's Fisher to play in Shriners game

By Jim Fossum; SportsLincolnCounty.com; originally posted Feb. 24, 2016

Taft High senior receiver Rylan Fisher has been selected to play in the 64th annual Shriners Hospital East-West All Star Football Game in Baker City.

"The game means a lot to me," Fisher said. "I appreciate the fact I am able to represent my team at this event, but the game isn't about me. The game is just a way for us players to help a cause that's much bigger than our individual selves. Being able to provide a little bit of help is very important to me personally."

Fisher is a two-time first-team All-State receiver and the Class 3A West Valley League's Offensive Player of the Year. A two-time first-team all-league player, Fisher led the state in receptions, receiving yards and receiving touchdowns over the course of his junior and senior seasons.

"I am excited that Rylan was chosen to represent Taft in the Shrine game. It is a significant honor," Taft football coach James Mick said. "Rylan has been a leader, a producer and a force against other teams in his time at Taft."

Fisher caught 70 passes for 1,069 yards, seven touchdowns and 1,328 all-purpose yards in his senior season and led the state in catches and yards. He also threw two touchdown passes while diverting attention away from several other Taft all-league skill players. He led the Tigers with 118.2 ypg in all-purpose yardage.

He was rated the 38th top wide receiver in the nation by the website MaxPreps for his senior season and 27th best when compiling his final two-year numbers: 164 catches, 2,382 yards, 23 receiving TDs, 2,656 total yards and 25 touchdowns.

Former Taft High quarterback Pete Lahti, the Offensive Player of the Year in Class 3A a season earlier, also represented Taft in the game, which will be played Aug. 6 at Baker City High School.

"I think that the more success the program sees, the easier it is for the kids to imagine what they can do through athletics," Mick said. "It helps build on the program's goals and set a foundation of success that the community can share in."



Courtesy photo by Shannon Weiss

Taft's Rylan Fisher has been the top receiver in small-school Oregon football the past two years.

All of Siletz Clinic is tobacco-free

The Siletz Community Health Clinic property is 100 percent tobacco-free. The policy prohibits all tobacco use by everyone – no smoking in your car, in the parking lot or on clinic property.

We do not provide any cigarette disposal units, so please keep all of your tobacco products in your personal vehicle.

- We do not have designated smoking areas!
- No smoking in the parking lot!
- No smoking in your car in the parking lot!
- No smoking behind the building!
- No littering of cigarette butts!

We appreciate your understanding and willingness to help keep our clinic tobacco-free and clean.

Make Walking Your First Step to Preventing or Managing Diabetes

Being physically active will help you prevent or manage diabetes. You can start by walking. It's easy to start walking. All you need is 10 minutes and a good pair of walking shoes.

How much walking should I do?

Walking for at least 150 minutes a week is best. Start out walking 3 or more times a week. Work up to 30 minutes of walking at least 5 days a week. You can break the 30 minutes into three 10-minute sessions spread throughout the day.

What kind of shoes should I wear?

Make sure that your shoes fit well. They should cushion and support your feet. Wear a clean pair of socks to protect your feet. If you have any foot problems or need help getting the right shoes, see your health care provider.

How fast should I walk?

Start slowly and go faster as you become more fit. If you cannot talk while you walk, you are walking too quickly. If you can sing while you walk, you are walking too slowly!

How can I make walking a habit?

With a little time, walking can become a habit. Try to develop a habit of walking for at least 30 minutes every day:

- Have fun! Walk with family or friends. Enjoy talking.
- Take scenic routes.
- Park a little farther from the store or your work place.
- Walk on your lunch hour or break.
- Use the stairs.
- Walk at the same time each day.
- Have a weekly schedule. Walk on most days of the week.

How can I become more fit?

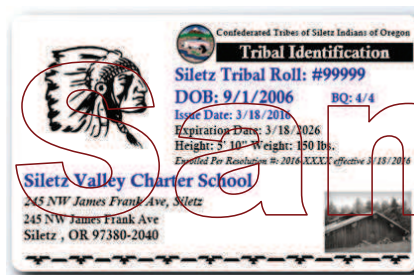
First check with your health care provider to find out what activities are best for you. Try bike riding, hiking, dancing, or working out at a gym. Find out what kinds of fitness activities you can join at your tribal health center. Ask a friend, your children, grandchildren, or other family members to join you. You will be a healthy role model to your loved ones.



Produced by IHS Division of Diabetes Treatment and Prevention, www.diabetes.ihs.gov

Changes in Siletz Tribal ID Card

Tribal Council has approved multiple changes to the Tribal ID card, effective April 1, 2016. Changes include is that the card is now double sided, contains the Tribal member's full name as listed on the Tribal membership roll with both the physical and the mailing addresses.



Front of Siletz Tribal ID card



Back of Siletz Tribal ID card

There is now a \$5.00 fee for a replacement ID card. Every tribal member is able to have one Tribal ID per calendar year at no charge. If you need to update your Tribal ID for a name change, new address, or an updated photo the Tribal ID is not considered a replacement card. Having a reprint of the same card that was previously issued within the same calendar year is considered to be a replacement card that would require the \$5.00 fee to be paid. Staff will take into consideration catastrophic events for loss of a Tribal ID card to waive the replacement fee.

On the Enrollment portion of the Tribal website (www.ctsi.nsn.us) there is a form available to order your Siletz Tribal ID card if you are not able to come into the Siletz Tribal Administration building or the area office when the ID machine is available. To get a Siletz ID card it requires emailing a photo similar in style to a US passport, having your signature notarized and submitting a copy of your State issued ID to verify the photo to the one that is mailed. Please call 1.800.922.1399 ext. 1258 or email angelar@ctsi.nsn.us if you have any questions about this.

Below is a list of reasons of why it is important to have your Siletz Tribal ID card:

- If you are in Lincoln County Oregon, your Siletz Tribal ID is valid as a bus pass for the public transportation system.
- When you get your annual hunting/fishing and/or shellfish license, the stickers are put on the back of your Siletz Tribal ID card.
- When you go to an Indian Health Service or Tribal Clinic, they will ask you for tribal membership information which is listed on your Siletz Tribal ID card.
- Present your Siletz Tribal ID at Yaquina Head Outstanding Natural Area park in Newport, Oregon and the admittance fee is waived.
- In the spirit of promoting positive tribal relations, the Oregon Park and Recreation Department waives the day use fee for Oregon Tribal members wishing to access sacred Indian sites located within Park Units for traditional cultural, religious, or ceremonial community activities, and permitting the conducting of ecologically sustainable cultural practices and traditions of collecting Park Resources by individual members of the Tribe for personal use.
- For students, it may be necessary to present your Siletz Tribal ID to be part of the Indian Education program services available within the school district you or your child attend.
- Identification with the Oregon Department of Motor Vehicles. Other states may or may not accept the Siletz Tribal ID card as form of identification.
- As a form of ID when you obtain employment in conjunction with one other acceptable piece of ID when completing the "Form I-9 Employment Eligibility Verification."
- For the Transportation Security Administration (TSA) a "Federally recognized, tribal-issued photo ID" is listed on their acceptable identification list to use for airport travel.
- Present your Tribal ID at the Chinook Winds Resort hotel for the Tribal Member discount.
- Tribal members receive a discount at the gift store and dining locations at Chinook Winds Casino Resort. Be sure to stop in at the gift store on the day of the annual Restoration Pow Wow, in November, for an additional discount!
- Do you like to play golf? Tribal members play for free at the Chinook Winds Golf Resort when you present your Tribal ID.
- Tribal Elders are able to obtain concert tickets at Chinook Winds Casino Resort at no cost. Tickets numbers are limited; call the Elders Coordinator at 1.800.922.1399 or the Casino box office at 1.888.244.6665 for more details.