



Courtesy photo

Junior Miss Siletz Jocelyn Hernandez and Little Miss Siletz Halli Lane-Skague (shown here at the Miss Indian World pageant) would like to send a huge heartfelt thank you to their Tribe, the Siletz community and everyone near and far who helped them get to the Gathering of Nations Pow-Wow in Albuquerque, N.M., in April. It was an experience of a lifetime! Thank you to everyone who has supported us all year long. We are truly grateful.

Courtesy photo

Chewescla DePoe carries the Pueblo Warrior eagle staff during the grand entry at the Gathering of Nations Pow-Wow in Albuquerque, N.M., in April. He also danced in the elders contest as a proud Siletz elder.



Graduates!



Dreonna Johnson
UCLA

Dreonna – Congratulations on your graduation from UCLA. We're so proud of you and lucky to have you as our sweet daughter!

All our love,
Mom and Dad



Larell Covington
Toldeo Jr./Sr. High

Larell Covington graduates from eighth grade this year at Toledo Junior/Senior High School.

I just want to tell you how proud I am of the young man you are becoming. You're respectful, compassionate and thoughtful.

Remember this quote for your high school years and the years to come: "You don't have to be great to start, but you have to start to be great." (Zig Ziglar)

We love you so much – Mom

When you call the Siletz Clinic ...

When you call the Siletz Community Health Clinic at 541-444-1030 or 800-648-0449, you can choose from the following:

- Schedule or confirm a dental appointment, press 1
- Schedule or confirm an optometry appointment, press 2
- Schedule or confirm a medical appointment, press 3
- Pharmacy refill line, press 4
- Pharmacy staff, press 5
- Contract Health Services, press 6
- Behavioral Health, press 7
- Address, phone and fax, press 8
- Listen to options again, press 9
- All other options, dial 0

Congratulations, Head Start! What did you learn this year?

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

Congratulations, Siletz Tribal Head Start students and families! What did you learn this year? I hope all of you experienced the benefits of family meals as well as a curiosity to try new foods. As part of my role as a consultant nutritionist to Siletz Tribal Head Start, I offer information for families.

Family-style meals are offered at Head Start for the development and socialization of each child by offering a variety of foods at a table where children serve themselves with sufficient time to eat.

Conversation is encouraged and food is not to be used as reward or punishment. Hopefully, this is a practice at home as well.

Conversations about food during family meals can support healthy eating

habits and interest in lifelong curiosity and learning. How might this look?

It can be easy and fun to start the conversation by describing colors, textures, flavors, sounds and smells without using good and bad words (such as yummy or yucky). Remember that a child sometimes needs to see the food many times before he or she is willing to try it.

A positive attitude also goes a long way in helping children feel safe to explore.

Below are ideas from the University of Idaho about strategies for introducing new foods by Laurel Branen, Ph.D., R.D., L.D., and Janice Fletcher, Ed.D. (Feeding Young Children in Group Settings, cals.uidaho.edu/feeding/):

- Have a tasting party (game).
- Show food prior to mealtime.
- Involve children in preparation.

- Let children assemble their own combination foods.
- Compare the new food to a food they already know.
- Serve a new food with a familiar food.
- Graph children's opinions of the food.
- Offer the food many times.
- Remember you are a powerful role model.
- Ask "Why don't you try it? You don't have to like it."

Phrases that help children to accept new foods:

1. John said he likes the kiwi fruit.
2. What do you think this tastes like? It tastes familiar to me.
3. What do you like best about the kiwi?
4. I see some tiny seeds in here.
5. Kiwi is a fruit, so it is sweet and juicy.

6. I think kiwi tastes sort of like a banana and sort of like a strawberry.

Phrases that hinder acceptance of new foods:

1. Look at John eat his kiwi. Why can't you be like John?
2. Eat some kiwi for me.
3. Big boys and girls eat kiwi.
4. It's good. You will like the kiwi.
5. You can have some noodles after you eat the kiwi.
6. You can go out and play after you eat one slice of kiwi.

Siletz Tribal Head Start is an important and influential program. I am pleased to have assisted in supporting family nutrition education. Healthy children make for healthy communities. Have a wonderful summer full of exploration and curiosity for nutritious foods.