

LeRoy Clark John Sr. – 1945-2018

U.S. Army PFC LeRoy Clark John Sr. passed away in Siletz, Ore., on March 6, 2018. LeRoy proudly served from April 10, 1963, to March 29, 1965, as part of the Lite Weapons Infantry, earning a Sharpshooter Badge (Rifle M-1), Parachute Sharpshooter Badge (Rifle M-14) and Expert Metal (Rifle M-14) while stationed at Ft. Buckner, Okinawa, Ryukyu Islands.

LeRoy was born Jan. 24, 1945, to the late Eva Goodell John and Clarke John in Lincoln County, Ore. LeRoy has three sisters: Josephine John and Elizabeth John of Siletz and the late Gylene Jones; and five brothers: David John of Siletz, Lindsey John of Prineville, Ore., Ronald John of Salem, Ore., and the late William John and Robert John.

He was preceded in death by his wife, Judith 'Strand' John, whom he married at Moby Dick's in Newport, Ore.

LeRoy was the father of five children: Lisa Eddings, LeRoy 'Clark' John, Wendy (Guy) Schamp, Nina Paul and Griffin John; two step-children: Jeanette Aradoz and Tristen Holt; and the grandfather of Jeffery Paul, David Paul, Brittany Mason, Griffin John II, Skyler Larson, Kodey Aradoz, Trinity Holt, Tristen Holt and Wynter Holt.

LeRoy was an avid artist; he loved music, dancing, working on cars, watching NASCAR and visiting with friends and family.

His careers included working in the woods and as a fisherman. He also was a construction worker, including building the Silatchee Park homes in Siletz, and he finished his career as a maintenance worker at Chemawa Indian School.

A celebration of life was held April 7 at the Siletz Tribal Community Center.



Courtesy photo

LeRoy Clark John Sr.

Use the mail order pharmacy for refills

To use mail order pharmacy to order your refills after hours and on weekends: Please call the Siletz Clinic 7-10 days before you need your refills. This allows us time to contact your provider, if necessary, and for mailing.

- Call 800-648-0449; enter 1624 as soon as the clinic's message begins – you'll be transferred to the refill line.
- Or call the refill line direct – 541-444-9624.

Attention Siletz Contract Health-eligible Tribal members!

If you receive Contract Health Services approval to see providers/facilities outside of a Tribal clinic, please be sure to inform them at your visit that you have Contract Health Services as a form of payment.

We have seen a number of patients billed for services from their medical/

dental/optical providers because the patient did not inform the office that they have Contract Health Services.

If you have primary insurance (through employment, Medicare, Medicaid, etc.), we would be secondary to the primary insurance.

If you fail to provide this information to your providers and they don't bill us in a timely manner, you could be liable for the charges.

Please let your providers know that they can submit claims for payment to Siletz Contract Health, P.O. Box 320, Siletz, OR 97380.

Nutritional highlights for graduating Head Start families

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

Another Head Start class graduates soon. Congratulations and may the future be bright with optimal nutrition for the entire graduating class and their families. As part of my role as consultant nutritionist to Siletz Tribal Head Start, I offer information for families.

Head Start plays a role in providing good food choices through meals and snacks. Students are coached to explore foods by tasting and describing them, growing them and learning about why some are nutritious and how they may fit as traditional foods or their nutritional equivalents. Embracing the concepts of traditional foods and eating close to nature supports healthy growth and development.

This year's topics included the following titles: Impacts of Food Security, How Does Your Mouth Support Your Overall Health?, Herbicides and You, Do You Experience Sugar Cravings?, Can Nutrition Reduce or Prevent Chronic Pain? and Is Your Child Dealing with a Toxic Burden?

Food insecurity is at the root of many health problems and eating behaviors. Food pantries and SNAP resources cannot fully address food insecurity. We all need to work together to support food security for our community.

Food insecurity is the limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways. Whatever the cause, whether it is financial or emotional, the impact of food insecurity lasts for a lifetime.

Commonly, children and adults who are (or were) food insecure are overweight. Nutrition is not just about getting enough to eat. Often the foods available from food pantries fill the belly but are nutrient-poor (low nutrient density). As such, they do not support health or fully satisfy, which leaves the body seeking further nutrition and a physiologic desire to keep eating.

Our food choices affect our oral health in many ways. In addition, our oral health affects how well our body can digest and absorb nutrients.

The mouth is where nutrition starts. We need teeth that chew so that we can break down our foods to absorb nutrients. Certain foods promote tooth decay. Other foods support healthy teeth and protect against bacterial growth.

Poor oral health can be the underlying cause of cardiovascular disease. Specific oral symptoms provide clues to specific health conditions.

Nutrient deficiencies or excesses can be seen in the mouth. The oral-microbiome is an up-and-coming field of study, which in time may cause a rethinking of some of the detergent-like toothpastes and rinses currently available.

The condition of your mouth affects more than your smile or the enjoyment of your food. Traditional foods support oral health as the diet is low in sugars and carbohydrates with ample vegetables, meats, fish and fats.

Our food choices affect our health. Our choices are not always straightforward, however, when it comes to chemical exposure.

Many individuals now experience difficulty with soy, wheat, corn and many other grains. There may be many reasons

why this occurs as there is no one single smoking gun.

One of the contributing factors emerging is that the current use of herbicides, such as Roundup (containing glyphosate), in agriculture presents risk at multiple points in our food system. You may ask, "What can I do? What would be a reasonable call to action?"

First of all, on a personal level, don't use herbicides. At the level of food purchase, look for organic or non-GMO/GE (genetically engineered). On the fundamental idealistic approach, embrace traditional foods, which do not include significant use of grains and legumes, thereby supporting health at the deepest level.

Most of us know at some level that too much sugar is not good for us, but giving it up or restricting it is usually difficult, very difficult. This issue focuses on sugar cravings, possible causes and downsides, and gives tips to manage or overcome them.

Sometimes sugar is used to say, "I love you" (think about Valentine's Day and other social events). Sometimes it is what we use to pick us up emotionally after a difficult situation. Sugar alters our mood and energy level. When sugar is combined with the stress of busy schedules, it can be used as a "pick me up" or a "happy time." This is eerily similar to other addictions.

The principles demonstrated when embracing traditional foods (and nutritional equivalents) also play a role in pain management. Pain is a symptom that signals a need. There is a root cause behind pain (or many contributing factors). Granted, there are times when pain intensity and timing warrant medications.

Nutrition can influence both acute and chronic pain. The benefit may be greatest,

however, for chronic pain. Attention to nutrition and its role in the inflammatory pathways can ease pain associated with chronic illness.

The types and quality of dietary fats can either increase or decrease the inflammatory response (also called the balance of pro- vs. anti-inflammatory load). Attention to carbohydrate quality also addresses pain because carbohydrate foods influence the inflammatory process. By embracing traditional foods and their nutritional equivalents, health is supported at the deepest level.

Children have it rough these days when it comes to toxic exposure. Unfortunately, part of Tribal trauma includes toxic exposures from unwanted pollution. Thank you to the brave Native voices that are speaking out on environmental concerns for the good of all peoples!

To support children, five points were referenced from Elisa Song, MD, holistic pediatrician: It is important to get the right stuff in, to keep the wrong stuff out, nurture the gut-brain connection, prioritize life and chill out.

The dietary recommendations are, in fact, the same principles demonstrated when embracing traditional foods (and nutritional equivalents) along with the need to avoid contamination and sugary foods – as well as the need to slow down, spend time outside, sleep and learn to create happiness.

As the Head Start consultant nutritionist, I am available to support families by discussing nutrition-related concerns via telephone. There is no charge for Head Start families. Again, I express my congratulations to another class of Head Start graduates.