

# Elk Tag Opportunity

The Tribal Natural Resources Department will once again offer a limited number of Landowner Preference (LOP) elk tags to Tribal members for the 2019-2020 hunting season.

As a landowner, the Tribe is eligible to participate in the State's LOP program. Based on the number of acres that the Tribe owns, we can get six additional antlerless elk tags from the State. These LOP tags are not related to the Tribe's Consent Decree tags that we receive each year. They are based solely on the Tribe being a landowner.

There are a number of important differences between the LOP tags and the Tribe's regular tags. These are summarized in the table below.

	Tribal Tags	State LOP Tags
<b>State hunting license required?</b>	No	Yes – Tribal member must purchase both a 2019 and a 2020 State hunting license
<b>Area to be hunted</b>	Anywhere within the specific tag's hunt boundaries	Only on Tribal land within the unit selected during that unit's antlerless elk season. Units available include Upper Siletz, NW Alsea, SW Alsea, SW Alsea Private Lands, and West Siuslaw
<b>Eligible for other State elk tags?</b>	Yes	No*
<b>Give tag to another licensed Tribal member to hunt for you?</b>	Yes	No
<b>Application and selection process</b>	Apply to Tribe for Tribal drawing	Apply to Tribe for LOP drawing; if selected apply to State for controlled hunt tag (list LOP unit in LOP section on State controlled hunt application)
<b>Obtain tag from</b>	Tribe	State – Tribal member must purchase hunting license and elk tag

\* Note: If you are drawn for an LOP tag, you are still eligible to apply for and be drawn for a Tribal tag.

Please note a major difference between the LOP tags and the Tribe's regular tags is **ONLY the person drawn for the tag can hunt that tag. The tag cannot be given to someone else to hunt for you.** Only Tribal members serious about hunting an LOP tag personally are eligible to apply.

The drawing for the six LOP elk tags will be held at the Natural Resources Committee meeting on April 1 at 4:45 p.m. in the Natural Resources Department Map Room. Applications are available on the Tribal website and at the Tribal Natural Resources office in Siletz. Completed applications are due in the Natural Resources office by **4:30 p.m. on March 29, 2019.**

For more information regarding these tags and the differences between the Tribe's regular tags and the LOP tags, contact Natural Resources Manager Mike Kennedy at 541-444-8232 or 800-922-1399, ext. 1232.

### Most Often Requested Numbers

Confederated Tribes of Siletz Indians – 800-922-1399

Salem Area Office – 503-390-9494

Salem Finance Office – 888-870-9051

Portland Area Office – 503-238-1512

Eugene Area Office – 541-484-4234

Contract Health Services (CHS) – 800-628-5720

Siletz Community Health Clinic – 800-648-0449

Siletz Behavioral Health – 800-600-5599

Chinook Winds Casino Resort – 888-244-6665

Chemawa Health Clinic – 800-452-7823

Bureau of Indian Affairs – 800-323-8517

Website – [www.ctsi.nsn.us](http://www.ctsi.nsn.us)

### 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.

## But I don't like to drink water! Many reasons why you should do it anyway

By Nancy Ludwig, MS, RDN, LD, Head Start Consulting Nutritionist

As part of my role as a consultant nutritionist to Siletz Tribal Head Start, I offer information for families. Today's topic is about the power of water.

I remember when my daughter was a camp counselor. Frequently when a camper would have a rough moment, she would say, "Let's take a break and drink some water." I'm sure it helped on many levels – not just for hydration.

Ann Louise Gittleman, PhD, CNS, has been writing about health and nutrition for many years. I've summarized some of her writing about the benefits of drinking water below:

Imagine if there was a single thing you could do to improve your health in dozens of different ways. Imagine if this single thing didn't require you to exercise, track calories or make changes to your diet. Imagine if it were so easy to do that anyone could do it. And imagine if it cost you absolutely nothing.

Well, you don't have to imagine – because such a thing exists! And it can have a major impact on your health.

In fact, this may be the single most important thing you can do for better health in 2019. Studies show that doing this one thing can improve mood, memory

and brain performance. It can help your skin look softer, plumper and smoother.

It can help flush nasty toxins out of your body so you have more energy, a stronger immune system and better breath, and it can even help you lose weight by boosting your metabolism by 24-30 percent for up to 1.5 hours! So what is this one thing that can do so much for your health? **Drink more water!**

That's right. The biggest secret to better health is something everyone already knows, but almost no one does! As you may know, your body is around 60 percent water. And your brain is made of 73 percent water. So water is essential to your health. Yet most of us aren't drinking nearly enough water.

In fact, according to the University of Florida, three out of four Americans are mildly to chronically dehydrated. Dehydration is the No. 1 cause of fatigue and can also cause headaches, constipation, muscle and joint pain, and even kidney stones.

So how much water should you drink? The answer isn't as simple as the question. Your specific water requirements will depend on your age, gender, activity levels and other factors. But generally speaking, 8 cups of water per day is good advice (not all at one time).

Additionally, **when** you drink water can be just as important as how much you drink. For instance, the first thing you

need when you start your day is a cup of water, not a cup of coffee. After all, you've been asleep for 6-8 hours. So morning is a time when you tend to be most dehydrated. When you wake up, you should have a full 8-ounce glass of water to jumpstart your body and your day.

And if weight loss is one of your goals, you should drink a glass of water 30 minutes **before** your meal. Doing this helps you feel more full so you eat less food. In one study, people who drank 16 ounces of water before meals lost an astonishing 44 percent more weight over a period of three months!<sup>2</sup>

As you can see, drinking more water is a simple way to improve your health and even accelerate weight loss. However, a word of caution is needed.

Sadly, today's water supply is contaminated with chemicals, parasites, pharmaceutical drugs, gasoline additives and other harmful toxins. Because of this, attention is needed to be certain that your water quality is pure.

You may need an at-home water filter or you can get purified water on tap at many local grocery and health food stores. Bring in your containers, fill them up and you're good to go!

Be sure the container you use is not reactive, meaning that chemicals from the container will not migrate (or go into) the water. Glass is always a safe bet for a non-reactive container.

Understanding that it is easy to say "drink more water" and harder to do, it helps to have your eye on the goal of drinking pure water. If you or your children drink flavored, sweetened beverages, a practical tip is to begin to dilute the beverages. When dilution is done consistently, the beverage begins to seem sweeter in the diluted form and it is possible to add even more water.

A good rule of thumb is to cut juice or other sweetened beverage by at least half and bring the volume back by adding water.

Another practical goal is to work on drinking a glass of water upon waking each day.

Siletz Tribal Head Start offers nutritional support at no cost to Head Start families. This usually occurs over the telephone. If you have questions or nutrition concerns about your Head Start child, please contact your teacher or the director and ask to speak to the nutritionist.

### Scientific References

Boschmann M., et al. *Water-induced thermogenesis. J Clin Endocrinol Metab.* 2003 Dec; 88(12):6015-9.

Dennis EA, et al. *Water consumption increases weight loss during a hypocaloric diet intervention in middle-aged and older adults. Obesity (Silver Spring).* 2010 Feb; 18(2):300-7.