USDA distribution dates for April

Siletz

Monday	April 4	9 a.m. – 3 p.m.
Tuesday	April 5	9 a.m. – 3 p.m.
Wednesday	April 6	9 a.m. – 3 p.m.
Thursday	April 7	9 a.m. – 3 p.m.
Friday	April 8	9 a.m. – 3 p.m.

Salem

Monday	April 18	1:30 – 6:30 p.m.
Tuesday	April 19	9 a.m. – 6:30 p.m.
Wednesday	April 20	By appt only

LIKE us on Facebook at Siletz Tribal FDPIR. We would like to see more people sharing their recipes on our FB page.

Sammy Hall, USDA Program Director
541-444-8279, sammyh@ctsi.nsn.us
Fax: 541-444-8306 or 503-391-4296

For information about the Siletz Tribe, visit ctsi.nsn.us.

Williams presents research revealing river otters

At the 20th Annual Kansas IDeA (Institutional Development Awards) Network of Biomedical Research Excellence (K-INBRE) Symposium, Garrett Williams and 16 other undergraduates were honored for their scientific research presentations.

Garrett is a senior majoring in environmental sciences at Haskell Indian Nations University. His presentation was titled *Community Based Research: Camera Trappings of Vertebrates in the Haskell Wetlands Reveals the Return of River Otters.*

Ten campuses in Kansas and Oklahoma were involved in the symposium, where 66 presentations were given by those representing the various schools. The network is led by the University of Kansas Medical Center.

Story, continued from page 1

until they came as far west as the Siletz River at about where the town of Siletz now is. They found some Indians on the Siletz River – as near as I can remember my father told me that did not come with us, but were here all the time.

When the soldiers found this nice valley and river with Indians already here they merely presumed that the Indians were some that were brought from Southern Oregon. However this was not true because my father understood that they were always there. When the agent wanted to know their name they told him Se-la-Gees – the agent just called it Siletz after his own pronunciation. Consequently the birth of a name, a tribe and an Indian reservation all the same time.

Siletz now stands as an old Indian Agency town with many stories connected with its name. Now the white man has made it a town or a city with laws and a city council and everything goes to make up a modern city."

(Reference MSS-1507 Oregon Historical Society)

Strong bones are built in childhood, part 2: Lifestyle, environment factor in

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

In part 1, we covered the role of nutrition in building strong bones early in life to avoid osteoporosis. We highlighted exercise, calcium, Vitamin D and Vitamin K. In my role as consultant nutritionist to Siletz Tribal Head Start, I offer nutrition information for families.

Nutrition focuses on what to eat, as well as what to avoid. Bone health is also impacted by lifestyle and environmental factors. In today's world that isn't easy to navigate. In this month's article, I will continue with bone health by addressing some of the hazards, with recommendations to minimize harm.

The not-so-sweet news is that excess sugar and carbonated beverages can hurt bones. Sugar can be addictive and can crowd out other nutritious foods. Furthermore, sugar and excess dairy are associated with inflammation and can reduce absorption of nutrients.

Sugar can increase levels of cortisol (stress hormone) and that is associated with bone loss. Sodas or soft drinks not only add to the sugar load, they also contain phosphorous. When we don't get enough calcium in relation to phosphorous, this can hurt bone growth.

Poor bone-health is also associated with high blood sugar, which is found in diabetes and other metabolic issues, including obesity. Therefore, it is best to limit sugary foods and beverages in childhood because this is when bone strength is established.

Certain medical conditions and medicines can increase osteoporosis risk. Eating disorders are high on that list, as are other diseases that interfere with nutrient absorption, such as celiac. Asthma medicines and prednisone can weaken bones. These are conditions that are known to cause an osteoporosis diagnosis early in life.

The increased demands of prolonged stress, trauma, infection and toxins can interfere with healthy bones. Chronic stress increases cortisol and nor-adrenalin hormones, and metabolic pathways are impacted when stress hormones stay high for long periods.

Infection from bacteria and fungi burdens the living tissues and mineral bank of our bones. Toxic heavy metals can replace healthy bone minerals, weakening bones. Be aware and talk with your health care providers when you or your children face medical conditions or medicines that interfere with strong bone growth.

In today's world, new environmental hazards exist that have not received much attention yet because they have less history. Glyphosate and EMFs are big environmental risks to bone. Glyphosate is the active ingredient in the herbicide Roundup. For our purpose here, EMFs refer to electromagnetic fields that are man-made.

There is alarming evidence that glyphosate interferes with bone health. Stephanie Seneff, Ph.D., has done extensive research on glyphosate. In addition to the connections she has found with autism, she also notes bone loss.

High levels of glyphosate are found in Roundup-ready crops, including sugar beets, corn, canola, soy, alfalfa and cotton. These listed crops find their way into processed food products.

Glyphosate is now sprayed directly onto crops to kill the crop and dry the seeds right before harvesting legumes and grains, such as garbanzo beans, oats and wheat. This results in high glyphosate concentration in legumes and grains that are not organic. Our government does not monitor glyphosate levels.

Dr. Seneff's work is connecting the dots and associating health conditions with glyphosate. She is digging deep in to science and finding shocking ways that this herbicide interferes with many of our body's pathways.

Glyphosate kills bacteria in the gut that are needed for enzymes, the uptake of minerals and a healthy microbiome. Glyphosate interferes with pathways and DNA coding. The science is deep and difficult to understand, yet the consequences are devastating and bone is only one of many problems.

In her book, *Toxic Legacy*, Dr. Seneff suggests changing to an organic diet, getting Vitamin D from sunlight, using apple cider vinegar, and consuming nutrient-dense foods and fermented foods. Apparently the levels of glyphosate are highest in the U.S. compared to anywhere in the world. Glyphosate could be a new root cause for bone issues (as well as liver problems and autism).

Another modern hazard for our bones is EMFs (electro-magnetic fields). There is controversy in how to interpret risk.

The difference in risk between ionizing and non-ionizing radiation appears to be clear. Our need to protect ourselves from X-rays and other ionizing medical equipment is familiar. We are told that non-ionizing blue-tooth, wireless, cell phone and TV frequencies in our homes are safe.

The dose is cumulative, however, and increasing research shows the non-ionizing exposures are nearly identical to the ionizing ones on a cellular level. What this means, in our day-to-day lives, is that the safety line for our overall exposure is unclear. Undoubtedly, there are economic interests attempting to downplay the science.

Lloyd Burrell studies how EMFs impact health and he has added bone health to his list of concerns. His website is electricsense.com. He states that everyone is impacted, whether they feel the effects or not.

He became interested in the topic because he became quite sensitive and could not ignore the burning and other symptoms he felt. I, too, am aware of my sensitivity and have worked hard with my habits to protect myself as much as possible.

Many people don't feel the effects, but they do experience symptoms like headaches, chronic fatigue, ringing in ears, anxiety, depression, sleep problems, and sinus and digestive issues. There may be increases in bone fractures in areas close to where cell phones are carried or held close to the body.

Long-term exposure to high-voltage electrical lines is associated with decreased bone density and thyroid function. An estimated 2/3 of homes have wiring errors and dirty electricity, creating additional daily burden for our bodies.

EMF exposure reduces melatonin production at night. Melatonin is a hormone secreted by the pineal gland that serves a master hormone role in immune system and sleep.

Suggested health tips to reducing EMF exposure: Never hold your cell phone to your ear; instead, use the speakerphone or air tube headset. Learn to put your cell phone in airplane mode when not in use, especially at night.

Limit WI-FI use; consider ether-net connections at home or at least turn WI-FI off at night. Create an EMF-free sleep sanctuary in the bedroom to allow deep sleep and recovery at night.

I conclude with actions you can take to minimize hazards to building strong bones. Limit sugary foods and beverages. Talk with your health care providers when you or your children face medical conditions or medicines that may interfere with bone growth.

Consume nutrient-dense organic foods, including fermented foods and apple cider vinegar. Get Vitamin D from sunlight. Limit WI-FI use, especially at night. Limit cell phone exposure by keeping the phone away from your head and don't carry it close to your body unless using airplane mode.

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