

Head Start Program

By Bernice Moody

Lots of "throw aways" are potential craft materials. Keeping in mind storage conditions, won't you help us enrich creative experiences for the children by saving the following?

- 1 lb. salt containers (tube shape)
- O.J. containers
- Pull-off lids from o.j. containers
- Spray can lids
- Plastic netting (such as holds candies, onions, covers turkeys, etc...)
- Clean, stain free styrofoam trays
- Baby food jars
- Small, sturdy boxes & lids
- Strawberry (or cherry tomato) baskets
- Sewing notions such as bits of rick rack, sequins, etc...
- Thread spools
- Margarine tubs, lids, cool whip containers, lids
- Items for treasure boxes ** (used for counting, sorting, making patterns, etc.)
- Small lids (from toothpaste tubes, small bottles, etc...)
- Buttons
- Pits (from peaches, apricots, etc...)
- Shells
- Nuts & Bolts (discolored & rusty ones O.K.!)
- Plastic price tags from bread packages
- Old erasers
- Keys

Items should be this size or so for treasure boxes.

USDA DISTRIBUTION DATES

SILETZ	
January 14	9:30 to 4:30
January 15	9:30 to 4:30
January 22	1:15 to 4:30
January 29	1:15 to 4:30
February 11	9:30 to 4:30
February 12	9:30 to 4:30
February 19	1:15 to 4:30
February 26	1:15 to 4:30
SALEM	
January 9	1:15 to 4:30
January 10	9:00 to 4:30
January 11	9:00 to 3:30
February 6	1:15 to 4:30
February 7	9:00 to 4:30
February 8	9:00 to 3:30

All Clients, it is very important that each household keep its scheduled appointment to minimize confusion and frustration. If you are not able to keep your appointment, please call and re-schedule as soon as possible, 444-2814. If there is no answer, please leave a phone number and name on the recorder, your call will be returned as quickly as possible.

REMEMBER TO BRING BOXES TO CARRY YOUR FOODS HOME IN.

GRAINS FIBER AND HEALTH — In the early 1900s, almost 40% of the calories of the American diet came from grain products. Today the figure is only about 20%. As fewer calories have come from grain products, more have come from fats, oils and sweets. This shift from grains to fats and sugar has caused concern about the American diet. In countries around the world where people eat large amounts of grains and little fat or sugar, there is less heart disease and cancer of the breast and the colon/rectum. Whole grains, as well as fruits and vegetables are common fiber sources. Diabetes research suggests fiber may be helpful in lowering blood sugar levels. Fiber also can help prevent constipation, since it tends to soften stools. (It is also important to drink lots of fluids when including fiber in the diet.)

MOST GRAIN PRODUCTS ARE REFINED — Most grain products used in the United States are refined and enriched. White bread and rolls, most cakes and pastries, noodles, and breakfast cereals are made from enriched white flour rather than whole-wheat flour. Two other grains, rice and corn are also often refined, while oats, barley, and rye are more apt to be used as whole grains. When grains, like wheat are milled, there is a loss of nutrients, including fiber. Some of these nutrients are replaced to make enriched flour. Other known important nutrients are not replaced, including fiber.

ADEQUATE FIBER INTAKE — It is wise to have an adequate fiber intake rather than an excessive intake. High fiber diets can cause the binding of some nutrients. Look at the list below. Decide whether you are eating enough fiber or whether you should try to include more fiber in your diet.

Community Health News

By Kim McCarthy
Community Health Nurse

A survey of the health conditions of tribal members in 1978 revealed a high incidence of serious health problems due to economic deprivation, environmental and employment health hazards, poor nutrition and lack of primary care. Last year it was decided to hire a Community Health Nurse for the purpose of health education and early preventative health care, particularly for members living in the rural area surrounding Siletz.

Two main areas of concern are alcohol and drug abuse, and maternal and child health. I will be working closely with Janet Dair, the Alcohol Treatment Counselor. We are presently devising a prevention project targeted at your children. I will be following all expectant mothers and newborn children. Elouise Case (CHR) and I are presently in the process of screening all Head Start children for growth, blood iron, vision, hearing, and blood pressure. I am also taking, and following up, on blood pressures of adult tribal members. Please stop by Aldridge House if you wish to have your blood pressure taken. Also, good luck to all of you involved in Elouise's Weight Loss Contest.

In the future, I hope to visit many of you in your homes to find out your health needs, provide information and education, and to refer you to the best possible help for your problems. I also hope to hold clinics in the Siletz area and will be working closely with the Lincoln County Health Department's already established clinics.

JOB BANK

Bob Lockyear, General Manager would like to start a Job Bank for Tribal members.

Bob says that sometimes the Tribe knows of position openings in other organizations. By having a file of Tribal members and their Job qualifications those who may qualify can be contacted by the Tribe and informed of the opening.

If you would like to have your name on file you should fill out the form below and send it to:

Siletz Job Bank
P.O. Box 549
Siletz, OR 97380

Name _____ Roll # _____
(Please Print Name)

Address _____

City _____ State _____ Zip _____

Education _____

Other Training _____

Past Job Experience (include length of experience) _____

Mail to: Siletz Job Bank Phone _____
P.O. Box 549
Siletz, OR 97380 Mess. Phone _____