

## Letters To The Editor

I would like to take this opportunity to thank all the people who were kind enough to call and send cards and flowers during my recent hospital stay. It's heart warming to know that there are so many people that care. A special thanks to the staff for the beautiful bouquet.

Sincerely,  
Delores Pigsley  
1322 Larchwood N.  
Salem, OR 97303

I would like to thank everyone who voted for me February 2, 1985 in the council elections.

I will do my best to serve you. I will be happy to hear from you at any time.

Mary Alice Muncey  
P.O. Box 23  
Siletz, OR 97380

## Blood Pressure Screening Clinic

By Kim McCarthy

On March 12th a clinic will be held in the Tribal Community Center for the purpose of finding out those tribal members with possible blood pressure problems. On March 19th the same clinic will be held in the Salem Area office. Your Community Health Nurse, Kim McCarthy, and Chemawa's Community Health Nurse, Lauren Tancona and Nutritionist, Jean Azure will be there to give counseling and information. Clinic hours will be 1-5 p.m.

**DID YOU KNOW** most people with high blood pressure have NO symptoms at all! The only way to find out is to have your blood pressure checked.

**DID YOU KNOW** that high blood pressure is a major health problem of the Siletz Tribe. And with this condition there is increased risk of stroke, heart failure, kidney failure and heart attack.

**DID YOU KNOW** high blood pressure can be controlled by such means as diet, weight reduction and medication. Especially, with early discovery you can avoid serious complications from this condition.

**DID YOU KNOW** anyone at any age can have high pressure, even children. This is particularly true if it "runs in your family." I strongly urge every tribal member including the young to take advantage of this opportunity to have your blood pressure checked.

**HOPE TO SEE YOU THERE!**

## "Opinions Questions, Concerns"

All letters received will be printed. Please type or write legible, no profane language will be printed. All letters must include your name and address. Send letters to: "Siletz News", P.O. Box 670, Siletz, OR. 97380. Questions? Call 444-2536.

## Expensive New Drug No Better Than Aspirin

The Food and Drug Administration recently approved Ibuprofen, a nonprescription, non-aspirin pain reliever that is being sold under the brand names Advil and Nuprin.

Advertising would have us believe that Ibuprofen is the best thing since fry bread. However, doctors and pharmacists say that, while it is more effective than aspirin for relieving menstrual cramps, Ibuprofen is probably not cost effective for other pain-relief needs.

Ibuprofen is more expensive than even brand-name acetaminophen (such as Tylenol), but it doesn't offer any clear advantages. In addition, it may cause severe allergic reactions in people who have wheezing and hive problems with aspirin, and it may cause water retention in people being treated for high blood pressure or congestive heart failure.

In other words, don't spend extra money when aspirin or acetaminophen will do the job as well. If these drugs don't work for you, or if you have some problem taking them, talk to your doctor before trying something new.

Taken from "The Pulse"  
Newsletter for the Seattle  
Indian Health Board

## New Baby

Mike and Tracy Fisher proudly announce the birth of a daughter, Kyanna Marie Fisher, born on January 7, 1985. Kyanna weighed 4 lbs. 7 oz.

She has two brothers, Michael, age 5, and Nathan, age 3. Proud grandparents are Dan and Dolly Fisher, and Walt and Mary Dickenson, all of Siletz.

# MARCH

The following is a list of events for the month of March. For more information on any of these events, contact 746-9658 for the Springfield Office, 393-3903 for the Salem Office, and 444-2532 for the Siletz Offices.

### March 4

- 7:00 p.m. .... Springfield JOM Parent Committee Meeting  
Springfield Area Office
- 5:30 p.m. .... Salem JOM Parent Committee Meeting  
Salem Area Office

### March 6

- ..... USDA Food Distribution — Salem Area  
Call 444-2532 for an appointment PRIOR to 3/6/85
- 10:00 a.m. .... All Staff Meeting in Tribal Community Center  
— Economic Development Presentation

### March 7

- ..... USDA Food Distribution — Salem Area  
— Call 444-2532 for an appointment PRIOR to 3/6/85
- 10:30 a.m. .... Salem Staff Meeting — Salem Area Office
- 3:00 p.m. .... Springfield Staff Meeting  
Springfield Area Office
- 6:30 - 8 p.m. .... Culture Night — Springfield Area Office
- 7-9:30 p.m. .... Open Gym — Brattain Elementary — Sponsored by  
Springfield Area Office — Call 746-9658 for more information

### March 8

- ..... USDA Food Distribution — Salem Area  
Call 444-2532 for an appointment PRIOR to 3/6/85
- 7:00 p.m. .... Hunting & Fishing Committee Meeting  
Siletz Area Office — Call 444-2532 for more information

### March 11

- ..... USDA Food Distribution — Siletz Area

### March 12

- 1 - 5 p.m. .... Blood Pressure Clinic  
— Siletz Tribal Community Center
- ..... USDA Food Distribution — Siletz Area  
Call 444-2532 for an appointment

### March 14

- 6:30 - 8 p.m. .... Culture Night — Springfield Area Office
- 7 - 9:30 p.m. .... Open Gym — Brattain Elementary  
Sponsored by Springfield Area Office  
Call 746-9658 for more information

### March 15

- ..... OIEA Achievement Awards for Graduating High  
School Seniors Application Deadline.  
Letters must be postmarked by this date

### March 16

- 10:00 a.m. .... Tribal Council Meeting  
Siletz Tribal Community Center

### March 19

- 7:00 p.m. .... Siletz Area Head Start Parent Committee Meeting  
Siletz School — Mrs. Arvin's Classroom — Babysitting  
will be provided. Call 444-2532 for more information
- 1 - 5 p.m. .... Blood Pressure Clinic  
Salem Area Office
- 10:00 a.m. .... Cerrine Creek Timber Sale Bid Opening — Siletz BIA  
Office — For more information, contact Mike at 444-2597.
- ..... USDA Food Distribution — Siletz Area  
Call 444-2532 for more information

### March 21

- 6:30 - 8 p.m. .... Culture Night — Springfield Area Office
- 7 - 9:30 p.m. .... Open Gym — Brattain Elementary — Sponsored by  
Springfield Area Office — Call 746-9658 for more information

### March 22

- 10:00 a.m. .... Hunting and Fishing Committee Meeting with the  
State of Oregon Representatives — Tribal Community Center
- 3:00 p.m. .... Timber Committee Meeting  
Tribal Community Center — Public is invited.

### March 28

- 6:30 - 8 p.m. .... Culture Night — Springfield Area Office
- 7 - 9:30 p.m. .... Open Gym — Brattain Elementary — Sponsored by  
Springfield Area Office — Call 746-9658 for more information